

WALK WITH EASE

a program for better living

Story County Program Information

What is Walk with Ease?

Walk with Ease is a six-week intervention program designed to help individuals become more physically active through walking. It was developed by the Arthritis Foundation for the self-management of arthritis pain, but is beneficial for individuals with other chronic health conditions. It is available in different formats but is built on the principal that physical activity is important for health and independence with age. It is endorsed by the CDC as a Lifestyle Management Program ([Link](#)).

How Does Programming Work in Story County?

The Walk with Ease program in Iowa is managed jointly by the CHPcommunity (a non-profit agency that oversees the Iowa Community Hub) and by a research team affiliated with the Iowa State University (ISU). The local program in Story County is coordinated as a partnership between the Department of Kinesiology, Ames Park and Recreation Department and Mary Greeley Medical Center. The group-based programs in Story County are FREE, but are conducted as research studies to enable the outcomes to be evaluated. The studies on the group version have specific requirements but individuals can also enroll in an unsupervised self-directed version through the Iowa Community Hub.



What do the Group Versions of Walk with Ease include?

- Access to a print / online book
- Online resources designed to assist with goal setting and self-monitoring.
- Supervised walking and exercise sessions designed to improve fitness and function
- Training on behavioral skills to sustain a healthy active lifestyle

What are the requirements for the Group Walk with Ease Studies?

Walk with Ease in Story County is being offered as part of an ongoing research program designed to enable us to evaluate and improve programming over time. One study is evaluating potential benefits for reducing risk of falls but another study is evaluating generalized benefits for older adults. The studies are open to inactive, older adults, but eligibility for the fall prevention trial is specific to those with documented risks based on a clinical evaluation. The only physical requirement is being able to stand for at least 10 consecutive minutes, without increasing pain and approval from a health care provider indicating you are safe to begin exercising. The use of a walker or cane is permitted.

What are the Details of the Group Walk with Ease Studies?

The Group Walk with Ease studies in Story follow the standard Walk with Ease program guidelines with participants attending in-person, group-based walking sessions 3 days per week for 6-weeks. Each session is 1 hour in duration and is delivered by a trained Walk with Ease leader with assistance from trained ISU Kinesiology students. Participation is limited to individuals that meet the specific study requirements and that enroll in the study. The fall prevention study is offered at the Mary Greeley Lifetime Fitness Center in Story City (MWF: 11-12:00 am and at the Ames Community Center in Ames (MWF: 1:30-2:30). The other study for generalized benefits is offered at the ISU Exercise Clinic (Forker Building) on the ISU campus (MFW: 10:00-11:00 am). Complete the online interest form on our website to enroll or learn more. You can also contact us by phone or email (see info below).

For more information about Walk with Ease program and research options available, contact CHPcommunity at 515.635.1285 or visit WalkwithEaseISU.org. For specific questions about the group Walk with Ease studies, email the research team at walkwithease@iastate.edu, or call 515-294-7317.