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**What is Walk with Ease?**  
​Walk with Ease is a six-week intervention program designed to help individuals become more physically active through walking. The program offers participants a chance to participate in a supervised individualized walking plan, learn how to safely progress that program over time, and increase walking ability each week. Participants will learn skills to build healthy habits. Group sessions making walking fun! The program is also FREE!

**Who would benefit from Walk with Ease?**

Walk with Ease is a program that was originally developed by the Arthritis Foundation for the self-management of arthritis pain. The program is built on the principal that physical activity is important for health. For this reason, Walk with Ease may also be beneficial for individuals with other chronic health conditions such as heart disease, diabetes, cancer, osteoporosis, depression, and anxiety. Walk with Ease is also a great program for those looking to be more active to maintain function and independence with age.

**What does Walk with Ease include?**

* Group walking sessions (at everyone’s self-selected pace)
* Activities to help build long-term walking success
* Walking diary
* Free fitness assessments

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**Where and When will Walk with Ease sessions be held?**

Participants may choose between either a **Group** or **Self-Directed** version of the program.

The **Group** version of the program meets in-person 3 days per week for six-weeks, but participants can also complete the program by joining 2 days per week for nine-weeks. Each session is one-hour in duration and features a personalized, self-directed walking session delivered by trained ISU undergraduate Kinesiology students. Educational materials will be provided with tips on safe physical activity as a part of daily life. Group sessions are offered at two locations as noted below:

* Mary Greeley Lifetime Fitness Center @ 812 Elm Avenue in Story City

on Monday, Wednesday, and Fridays from 11:00 am – 12:00 pm

* Ames Community Center @ 515 Clark Avenue in Ames on

Monday, Wednesday, and Fridays from 1:30 – 2:30 pm

The **Self-Directed** version is based on the same program materials, but the walking sessions can be done on your own to provide added flexibility. The Self-Directed program is supplemented with (free) enhancements designed to help you build the skills and motivation to walk on your own while we evaluate the most effective ways to support the formation of individual activity routines.

**What are the requirements for Walk with Ease?**

* Inclusion Criteria
  + Participants must be 60 years of age or older.
  + Participants must be able to stand for at least 10 consecutive minutes, without increasing pain. The use of a walker or cane is permitted.
* Screening and Approval:
  + Participants in the **Group** program must demonstrate they are safe to begin exercising by completing a pre-exercise screening tool. Individuals deemed safe to participate will be enrolled immediately, while individuals flagged as “at-risk” due to cardiovascular or fall risk will be asked to provide a signed copy of the approval form to begin participating. Although the risks associated with walking are low, we take this step to ensure the safety of all participants.
  + Participants in the **Self-Directed** program are not required to provide a signed referral form, but you should still ensure you are safe to exercise before getting started.
* Enrollment Process:
  + Participants must sign an informed consent form to document that they are willing to participate in the research study. This form will be provided after registration.
  + Participants will complete a baseline onboarding assessment as part of the research project.
    - The **Group** program includes a short survey (10 minutes) and a fitness and fall risk evaluation (30 minutes) to help evaluate the benefits of the program.
    - The **Self-Directed** program includes a survey (20 minutes) to help us evaluate and improve the supplemental content provided.
  + After completion of the onboarding assessment, participants are enrolled in the study and begin the program.

**How do I sign up for Walk with Ease?**

There are several different ways to register. *Please include your name, phone number and/or email using one of the methods listed below.*

* [**Register online**](https://app.smartsheet.com/b/form/db99900d204c47e8ae834320f893b268) @ WalkwithEaseISU.org or https://app.smartsheet.com/b/form/db99900d204c47e8ae834320f893b268
* **Email** your interest to [WalkwithEase@iastate.edu](mailto:WalkwithEase@iastate.edu)
* **Call** 515-294-7317 and leave information on the answering machine.
* **Mail** contact information to: Attn: Nick Lamoureux

237 Forker Building

534 Wallace Rd, Ames IA 50011-4008

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Registration Form

The Iowa State University Physical Activity and Health Promotion Lab are offering the Walk with Ease program to adults over the age of 60 to support physical activity for healthy aging.

Emphasizing the benefits of walking for healthy aging, the program includes self-paced walking sessions as well as activities designed to help you integrate physical activity into your regular routine.

If you are interested in receiving more information on this program and the associated research study, please complete the form below and a member of the research team will contact you.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

County and State: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please select one of the following:

* I am interested in enrolling in the program
* I have questions about the program

**Mail to: Attn: Nick Lamoureux**

**237 Forker Building**

**534 Wallace Rd, Ames IA 50011-4008**