



North Carolina's Statewide Resource Center for **Evidence-Based Self-Management Programs**

HEALTHY AGING NC

Established in 2016

WALK WITH EASE LEADER GUIDANCE

You're officially a trained Walk with Ease leader! Congratulations! Now what? This document gives you a brief overview of everything you need to know to offer your first program with fidelity. This guidance is for the Group-led (in-person) version of the program. Please refer to the [Arthritis Foundation's Self-Directed Enhanced Toolkit](#) if offering that version of the program.

PLANNING AND PAPERWORK

The first step is selecting a 1 hour time frame, 3 days per week, for a 6 week period that works best for you and your potential participants to meet. Make a plan for how and when you'll be managing registration and distributing Walk with Ease guidebooks as well. Then, [add your program details to our website](#) and [download the paperwork you'll need to submit](#) following the program. Each participant will need to complete a participant information form prior to the program and a post program form following the program. These forms along with an attendance log should be submitted back to healthyagingncinfo@gmail.com promptly after the program comes to a close.

IMPLEMENTING THE PROGRAM

Typical [sessions](#) begin with a 5-10 minute health "lecturette" followed by a warm up, [stretching](#), walking, a cool down, and more stretching! Below are the page numbers and links to each session's outline, guidance, scripts, and posters from the Walk with Ease Leader Guide.

WEEK 1

- 1:** [Pages 13-24](#)
- 2:** [Pages 25-32](#)
- 3:** [Pages 33-45](#)

WEEK 3

- 7:** [Pages 76-85](#)
- 8:** [Pages 87-94](#)
- 9:** [Pages 95-100](#)

WEEK 5

- 13:** [Pages 125-129](#)
- 14:** [Pages 131-135](#)
- 15:** [Pages 137-143](#)

WEEK 2

- 4:** [Pages 47-55](#)
- 5:** [Pages 56-68](#)
- 6:** [Pages 69-75](#)

WEEK 4

- 10:** [Pages 101-109](#)
- 11:** [Pages 111-116](#)
- 12:** [Pages 117-124](#)

WEEK 6

- 16:** [Pages 145-152](#)
- 17:** [Pages 153-157](#)
- 18:** [Pages 159-166](#)

ADDITIONAL RESOURCES

Check out the Arthritis Foundation's Walk with Ease Leader Resources [here](#) and the Osteoarthritis Action Alliance's Walk with Ease toolkit [here](#) for more leader guidance, tools, and support. Contact Healthy Aging NC's CDC Arthritis and Chronic Pain Project Manager, Nadia Mazza, at nmazza@unca.edu with your questions or for more information. Happy walking!