

# Coupling the Arthritis Foundation Walk With Ease Program

with other evidence-based interventions

*Coupling is defined as the integration or combination of Walk With Ease with another evidence-based intervention.*

## WALK WITH EASE IS PROVEN TO:

- Reduce pain, stiffness, and fatigue
- Increase balance, strength, and walking pace
- Build confidence in ability to be physically active
- Improve physical function and overall health

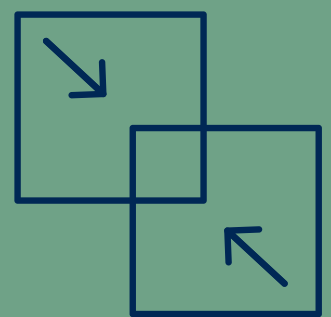


## AUDIENCE:

- Adults with chronic health conditions including arthritis
- People who want to be more active
- Individuals able to be on their feet for 10 minutes without increased pain

## BENEFITS OF COUPLING:

- Increases participant engagement and retention
- Increases health promoting behavior change and beneficial outcomes
- Provides support for increasing physical activity
- Easy to access and implement, evidence-based physical activity program



## FOR MORE INFORMATION:



- View a 20-minute introductory video <https://vimeo.com/723792536> which includes links to additional resources
- Email [arthritis@chronicdisease.org](mailto:arthritis@chronicdisease.org)

“When I started the program I could hardly walk one lap around the arena even using walking sticks. By the end, I was among the faster ones and I could walk extra laps.”

- Walk With Ease Participant