Walk With Ease in Michigan

It's a perfect time to walk toward better health!
Join Walk With Ease, an Arthritis Foundation program proven to reduce pain and stiffness while improving overall health.

Walk With Ease is for adults with arthritis or other conditions like diabetes or heart disease who want to be more physically active. It is suitable for people who can stand, with or without a cane, walker, or other mobility aid, for at least 10 minutes.

Walk With Ease can help:

- Reduce joint pain.
- Increase balance, strength and stamina.
- Learn how to walk safely, comfortably and at your pace.
- Learn stretching and strengthening exercises.

This six-week, self-directed program is available at: **www.StartWalkWithEase.org/mi.**

At registration, pick the best group for you to get the right support and health tips:

- **Prediabetes/Diabetes Prevention Group:** group for those at risk for diabetes.
- **Diabetes Group:** group for those with a diagnosis of diabetes.
- **Michigan Residents:** group open to all with general health tips.

This Walk with Ease program is **free** and includes an optional e-book.

Registration is as easy as 1 - 2 - 3!

Registration:

1. Visit: **www.StartWalkWithEase.org/mi.**
2. Create a secure account & select e-book and communication options (optional).
3. Complete registration survey.

After registering, you are ready to start the program!

Start the program:

- Login to the portal.
- Click the button to start the program.
- Access the tools & resources, including videos, handouts, and audio lecturettes.
- You will begin receiving weekly communications to help keep you excited and motivated.
- Remember, start at your comfort level and grow from there. This program is for YOU.

Log progress:

- Set doable goals each week.
- Track days and minutes walked.
- View progress.
- Feel better.

Success:

- Finish 6-week program.
- Complete the evaluation.
- Receive a certificate of completion.
- Share your success with family, friends, and your healthcare providers.
- Keep walking!