



Arthritis Foundation

# Walk With Ease®

## How to Shape a Healthier Workforce



**“It’s a well-planned program with detailed resources and Arthritis Foundation staff support. It’s an important program for companies looking to address arthritis and sedentary lifestyle among the population.”**

— Worksite Partner

### Wellness Programs Work!

Studies from 56 worksites offering wellness programs of some type showed an average:

- 26% reduction in health care costs
- 27% reduction in sick leave absenteeism
- 32% reduction in workers’ compensation and disability management cost claims

(Chapman LS. Meta-Evaluation of Worksite Health Promotion Economic Return Studies: 2005 update. American Journal of Health Promotion. 2005;19(6):1-11.)



## Help Employees Say Yes to Better Health

Say Yes to *Walk With Ease* — a six-week program proven to reduce the pain of arthritis, improve employees’ overall health and safely make walking a part of their everyday routine.

Our *Walk With Ease* in the at work program encourages happier, healthier employees who are less sedentary, more energetic and more fulfilled. This can:

- Reduce medical and health care costs
- Increase work attendance
- Boost employee morale
- Increase productivity
- Improve job satisfaction

The Arthritis Foundation *Walk With Ease* program is successful at work because it is a program anyone can do, at any time, regardless of physical fitness level. *Walk With Ease* can be integrated into your current wellness program or offered independently.

**“I spend long days sitting at my desk. *Walk With Ease* gets me moving and encourages me to get active.”**

— Program Participant



arthritis.org





## Why Start Walk With Ease at Work?

Arthritis – America’s #1 cause of disability – is a serious and growing health crisis that affects nearly 60 million people of all ages, races and ethnic groups in the United States. One-third of people with arthritis report work limitations due to arthritis. The two major types of arthritis alone (osteoarthritis and rheumatoid arthritis) cost the U.S. economy more than \$156 billion annually in lost wages and medical expenses.

Arthritis costs businesses a fortune in missed workdays, lower productivity and health care costs, but the Arthritis Foundation can help. Start a *Walk With Ease* at work and help employees take the first step toward a better life filled with more energy, less pain and more opportunities to say Yes to what they love in life.

## About the Program

The Arthritis Foundation *Walk With Ease* program is an evidence-based program that has been proven to improve the quality of life of people with arthritis. It is the only walking program identified as arthritis-appropriate by the Centers for Disease Control and Prevention. The program can benefit people with or without arthritis who want to live a healthier lifestyle. It’s a fun, safe, six-week program that employees can do as a group with a trained leader or individually using the *Walk With Ease* guidebook. While walking is the central activity, *Walk With Ease* is a multi-component program that includes health education, stretching exercises and motivational strategies to stay physically active. Sessions can fit within an employee’s lunch break or before or after work. *Walk With Ease* is an easy-to-implement the program using the resources and expert guidance from the Arthritis Foundation. We provide step-by-step direction on how to launch each stage of the *Walk With Ease* in the worksite program.

## Proven Results

*Walk With Ease* in the worksite is proven to:

- Improve physical and mental health
- Teach proper stretching and pain management techniques
- Build stamina, strength, confidence and walking pace
- Improve workplace limitations

“I’m so glad that I started walking. I’ve been walking for a couple of years and I find it to be good for everything. It lowers my blood pressure, my back is better, my glucose level is better. It simply improves everything.”

— Walk With Ease participant

## A Joint Effort: Partner With the Arthritis Foundation

Let’s get your workforce moving toward better health! The Arthritis Foundation is committed to helping your employees live their lives to the fullest and provides the tools to launch a successful program in your workplace:

- Program leader training
- *Walk With Ease* guidebook full of information and tips to help your employees set and reach their health goals
- Marketing material to promote the program
- *Walk With Ease* online tools and app to track results

## Let’s Get Started

If you’re ready to make healthy living a priority for your employees, contact your closest Arthritis Foundation office for information about starting a *Walk With Ease* program at work. Visit [arthritis.org](http://arthritis.org) or call 800-283-7800 for the nearest location. Join the *Walk With Ease* online community at [arthritis.org/wwe](http://arthritis.org/wwe).

## About the Arthritis Foundation

The Arthritis Foundation is fighting for all people who live with arthritis. As Champions of Yes, the Arthritis Foundation has a mission to turn the obstacles arthritis causes into opportunities. We not only champion life-changing solutions and medical advancements, but we also provide ways for people to connect, break down barriers in health care and join the fight to conquer arthritis — uniting hearts, minds and resources to change the future of arthritis today.



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