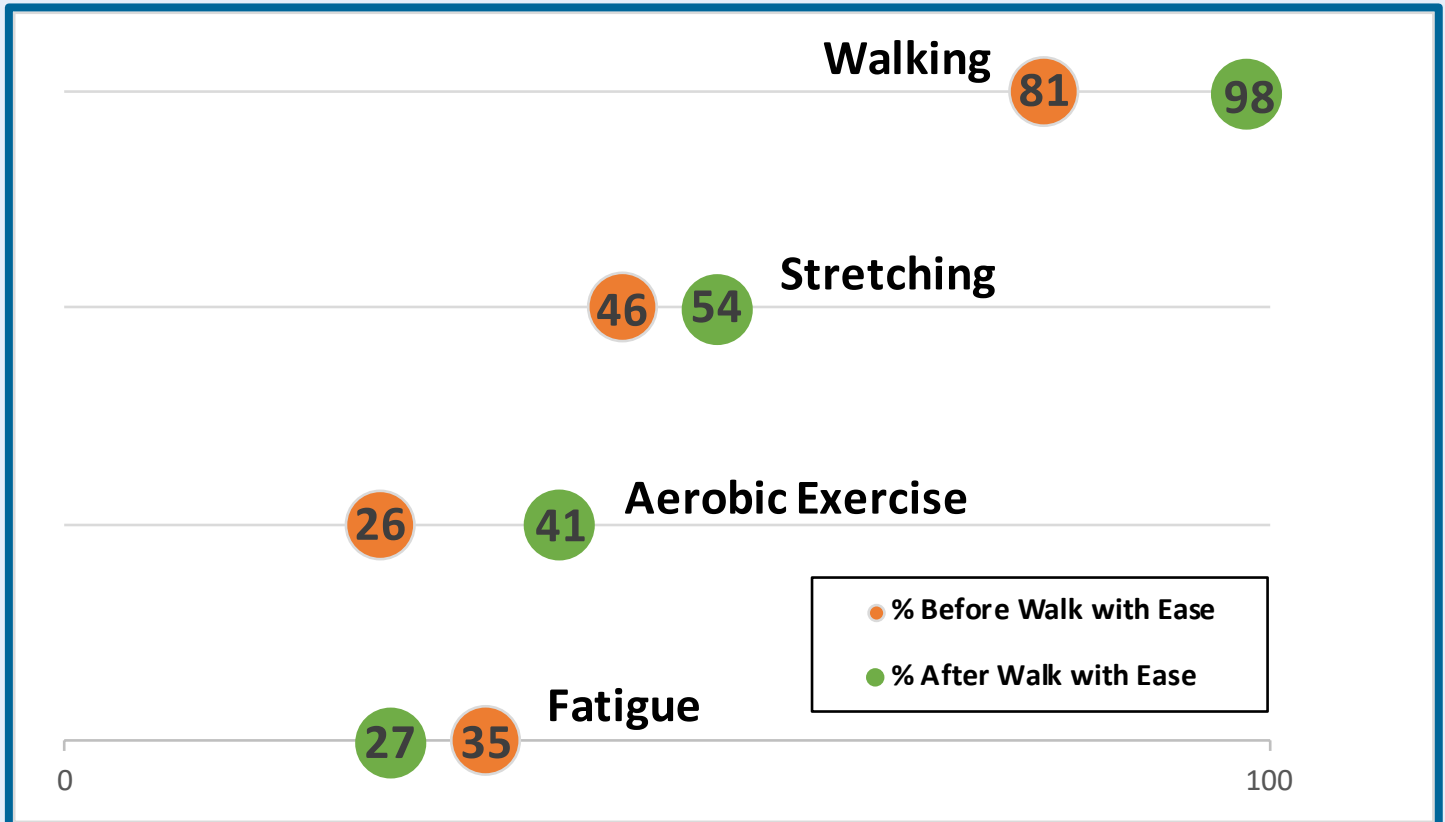


Walk with Ease Self-Directed Worksite Wellness

A higher percent of participants were physically active (for at least 30 minutes per week) **AFTER** the Walk with Ease program compared to **BEFORE**, while a lower percent of participants reported high levels of fatigue (levels of 4 and above on a 0-10 scale).



Highlights:

- Walk With Ease Self-Directed is a six-week fitness program founded by the Arthritis Foundation.
- At the end of the six-week walking program, 98% of participants were walking for at least 30 minutes.
- Participants also increased stretching and other aerobic exercise and decreased fatigue.

CONTACT

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Data Source: 2016 participation in the State of Montana Health Care and Benefits Division (HCBD) Walk With Ease program with completion of pre, post, and followup survey (n = 430).

Montana Arthritis Program - <http://dphhs.mt.gov/publichealth/arthritis>