

# FAQ: Walk with Ease Self-Direct

## What is the Walk with Ease Self-Directed program?

- The Walk with Ease Self-Directed program is a 6-week evidence-based walking program, to help individuals, such as yourself, start or maintain a low-impact exercise program.
- Throughout the six weeks, participants are encouraged to walk a minimum of three days per week. Participants will keep track of their walking minutes and report the weekly minutes in the following weeks email.
- Participants will receive weekly encouraging emails from the Walk with Ease instructor.
- The Walk with Ease program was developed by the Arthritis Foundation. The Arthritis Foundation has recognized that walking is a great physical activity for everyone with or without arthritis. Everyone is encouraged to be part of this great six week walking program.

## What is required of me to participate?

- Sign-up for the program through the Walk with Ease Participant Portal.
- Walk a minimum of three days a week for six weeks and report walking minutes to walking instructor via the Walk with Ease Participant Portal.
- Complete the post-questionnaire at the end of the six weeks.
- After these three things are completed at the end of the six weeks, participants will receive a Certificate of Completion.

## Is there a group meeting?

- No, the Walk with Ease: Self-Directed program does not meet as a group; all correspondence is done through email.
- The Walk with Ease: Self-Directed program allows for flexibility of when, where, and the duration each person wants to walk.

## Is there a required distance or time I need to walk each week?

- There is no required distance or time to complete each week. Participants will start at their own fitness level.

## Do I need to have any material or equipment for this program?

- Participants will need to have access to an email account once a week.
- Comfortable pair of walking shoes (do not need to buy new shoes, use the one you already have).

## How do I sign-up?

- Go to [State of Montana Walk with Ease](#)
- There are several dates to choose from, select the date that best fits your schedule to start the Walk with Ease program.
- Once you have picked the date that works best for you, click on the link and you will be directed to a questionnaire to register.



- The questionnaire consists of demographic information, evaluation on current self-efficacy to exercise, and current exercise activity. Once the questionnaire is completed, you will be registered for the program.

## **How do I know when I am enrolled?**

- After completing the questionnaire, you will receive an auto-generated email from a Montana Walk with Ease: DoNotReply sender within five minutes of sign-up, confirming your registration.
- The confirmation email will include your Walk with Ease Participant ID.
- For any technical assistance, contact Melissa Dale or Erin Bley at [WalkWithEase@mt.gov](mailto:WalkWithEase@mt.gov).

## **What is my Participant ID?**

- For most everyone, your Walk with Ease Participant ID is the first letter of your first name, the first three letters of your last name, and your birthdate:
  - E.g. Snow White, DOB February 2, 1938
    - Participant ID= SWHI2238
- You will need to enter in your Walk with Ease Participant ID to report your minutes.

## **How often will I receive emails?**

- There will be a total of ten emails
  - Confirmation registration email;
  - Warm-Up email;
  - 6-weekly emails;
  - Cooldown email; and
  - Certificate of Completion email.
- Emails will be sent every Monday morning.

## **Who are the emails coming from?**

- Emails are being sent through the Walk with Ease Participant Portal
  - The *Montana Walk with Ease* will appear as the sender.
- All emails will be titled with “Walk with Ease: ...”
- You may use your mt.gov email.
- Some email servers, such as Gmail, Hotmail, Yahoo, AOL, Mid-Rivers, Bresnan, CenturyLink, etc., may send the Walk with Ease emails to your spam, junk, or promotional box.

## **How do I report my weekly minutes?**

- In the weekly emails you receive, there will be a blue button in the email, labeled “Report Weekly Minutes”. Click on the button to report weekly walking minutes.