



### BURDEN FACTS

- **20%** of Montana adults report not engaging in physical activity<sup>1</sup>
- **2 out of 3** Montana adults are overweight or obese<sup>1</sup>
- **Regular** physical activity improves overall health and reduces risk for chronic diseases
- **Recommended**—150 minutes of moderate-intensity aerobic activity each week

### CONTACT

[ChronicDiseasePrevention@mt.gov](mailto:ChronicDiseasePrevention@mt.gov)

1-844-MTHLT4U

(1-844-684-5848)

Updated 08/2018

### WALK WITH EASE:

The Walk with Ease program is a 6-week walking program for anyone who wants to start or maintain a low-impact exercise program.

Three Walk with Ease Program Options:

#### Walk with Ease Group

- Group meets three times per week
- Trained instructor reviews health topic and safety tips
- Walk together as a group

#### Walk with Ease Self-Directed

- Independent walking program, ideal for worksite wellness
- All communication is through email
- Instructors send a weekly motivational email
- Participants keep track of walking minutes and report back to the instructor via email

#### Walk with Ease Enhance

- Mix between the group and the self-directed
- Group meets once a week
- Trained instructor reviews health topic and safety tips at the group meeting
- Participants walk on their own for the other two days

#### Program Benefits

- Participants start at their fitness level
- Increases physical activity<sup>2</sup>
- Decreases pain, fatigue, and depression<sup>2</sup>
- Increases confidence to exercise<sup>2</sup>

### RESOURCES

Visit the [Montana Arthritis Program website](http://dphss.mt.gov/publichealth/arthritis) for more information:  
<http://dphss.mt.gov/publichealth/arthritis>

1. Montana Arthritis Program (2017). *Burden of Arthritis in Montana, 2015*. [Surveillance Report].
2. Callahan, L. F., et al. (2008) *A randomized controlled trial of the People with Arthritis Can Exercise Program: symptoms, function, physical activity, and psychosocial outcomes*. *Arthritis Care & Research* 59; 92-101