MONTANA
CHRONIC DISEASE
PREVENTION & HEALTH
PROMOTION BUREAU

Fact Sheet
Walk with Ease

BURDEN FACTS

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

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 [2]
- Decreases pain, fatigue, and depression [2]
- Increases confidence to exercise [2]

RESOURCES

Visit the Montana Arthritis Program website 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 trail of the People with Arthritis Can Exercise Program: symptoms, function, physical activity, and psychosocial outcomes.* Arthritis Care & Research 59; 92-101

CONTACT

ChronicDieasePrevention@mt.gov
1-844-MTHLT4U
(1-844-684-5848

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