



**EMPOWERING
SUPPORTIVE
PERSONAL**



WATERTOWN FAMILY YMCA
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For program questions contact :
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www.watertownymca.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**EMPOWERING
PATIENTS
THROUGH EXERCISE**

Walk With Ease

**6-Week Program
January 15th - February 23rd**

Program Fee:
Members: \$40.00
Non-Members: \$60.00
Military: \$55.00

**FIND YOUR
SUPPORT.
FIND YOUR Y.**

A Six-Week Walking Program that can reduce pain and improve overall health. Learn how to walk safely and comfortably, while improving your flexibility, strength, and stamina! If you can be on your feet for 10 minutes without increased pain, you can have success with **WALK WITH EASE.**

WALK WITH EASE BENEFITS

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health



HOW IT WORKS

The Walk With Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies.

The program includes a guidebook and a walking schedule to get you safely moving toward better health.

Walk With Ease meets three times a week and includes walking, stretching, and education components

WHY CHOOSE THIS PROGRAM

The program will help motivate you to get in great shape and allow you to walk safely and comfortably.

Walk With Ease can support adults living with and hoping to prevent chronic conditions – such as heart disease, high blood pressure, diabetes, and/or arthritis. Regular physical activity, such as that provided by Walk With Ease, can help manage and prevent symptoms, including pain and limited mobility.

WHY WALKING IS IMPORTANT

Everyone needs exercise, but it's especially important for people with arthritis. Bones need strong muscles for support. Not exercising weakens those supporting muscles. Weak muscles put more stress on joints.

For people of any age with arthritis, walking is especially good medicine. Walking is low impact and helps to keep the joints flexible. It strengthens muscles, which helps shift pressure from joints and reduce pain.

A regular walking routine compresses and releases the cartilage in your knees, helping circulate synovial fluid that brings oxygen and nourishes your joints.

If you haven't exercised in a while, start slowly. Don't push yourself too hard — that can overwork muscles and make joint pain worse.



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