



# Walk With Ease

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Oregon State University  
Extension Service

**Icebreaker:**

**What is your favorite self-care activity?**



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# Why walking/rolling?

- Simple, inexpensive, flexible & safe for all ages and abilities
- Walk/roll on your own, in a group, with a friend or a pet
- Easy to track – minutes/steps
- ALL active time counts!
- Guidelines encourage 150 minutes per week
- Many benefits of movement

# Benefits of Physical Activity - Walking

- Improve cardiovascular health
- Lower blood pressure
- Lower cholesterol
- Manage stress
- Maintain weight
- Improve your mood
- Increase creativity
- Manage pain
- Increase happiness levels
- Improves memory and boosts brainpower
- Gives sense of fulfilment
- Better sleep
- Increase self-confidence
- Better work performance
- Gives an energy boost
- Inspires others

# Tips to Start a Walking Program

1. Decide to start
2. Make a plan
3. Start Small
4. Start at school
5. Start a walking log



# Walk With Ease (WWE) Program

- Evidence-based physical activity program
- Proven to:
  - Increase physical activity
  - Decrease pain and fatigue
  - Increase physical abilities and walking endurance
- Helps make lifestyle changes



[About Arthritis](#)

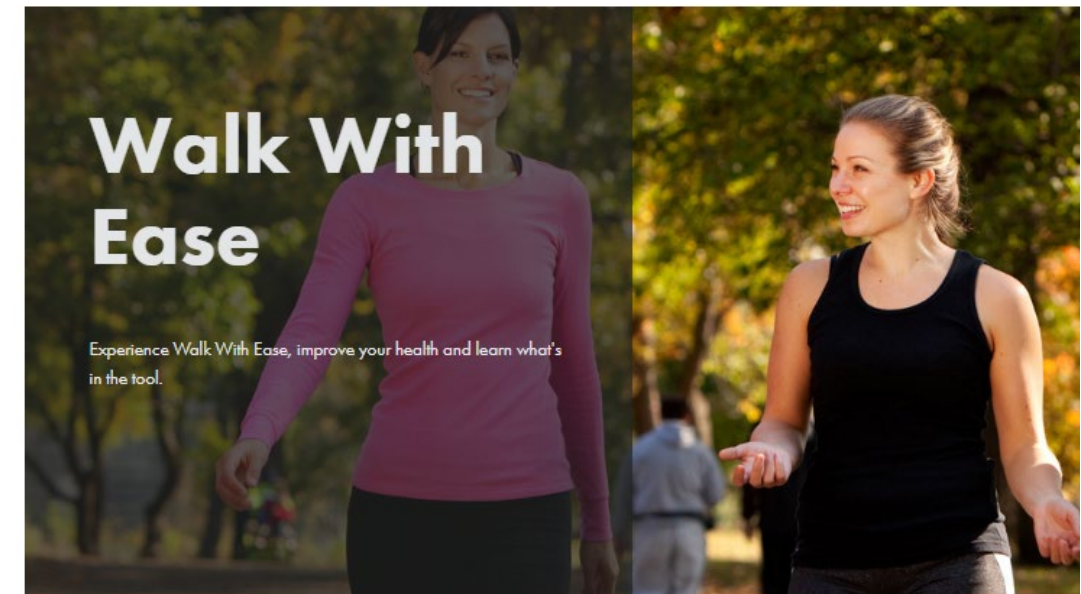
[Treatments](#)

[Health & Wellness](#)

[Juvenile Arthritis](#)

[Research](#)

[Providers](#)



## About the Program

The online walking tool offers a fully private environment where you can record key elements of the Walk With Ease program.

[Learn More](#)

## Worksite Program

The Walk With Ease in the Worksite program is a low-cost, six-week walking program that can easily be integrated into an employer's wellness program or provide an excellent starting point for a new wellness program.

[Learn More](#)

# WWE in Oregon

Three versions of the program:

- Instructor led **in-person classes**
- Online **virtual** classes
- **Self-directed** program

OSU Extension serves as the “hub” for WWE in Oregon!



# Self-Directed Program

- Participants register online and create an account
- Everyone receives a free workbook (eBook - bilingual)
- Bilingual Portal (English & Spanish)
- Portal includes walking diary, weekly videos, and resources
- Weekly support emails, text messages, and text-to-log reminders
- Rolling registration
- Completely independent study!
- Available FREE to all Oregonians



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## Step 1: Create WWE Account

## Step 2: Register for WWE

## Step 3: Important Next Steps

### Create Portal Account (Step 1 of 2)

[WELCOME VIDEO](#)

Please provide the following information to create your secure Walk With Ease portal account. You will use the Username/Email and Password to login weekly, track your progress throughout the program, and get your certificate of completion. Please make a note of the website (or save to your bookmarks), so you can easily access your account later.

#### Address

\* First Name

\* Last Name

\* Address

Address Line 2

\* City

\* Country

\* State

\* Zip

\* County

#### \* Group

- Self-Directed** - Register for the self-directed Walk With Ease (~~self guided using the Walk With Ease guidebook~~)
- OEBB and PEBB Members (Registration open 04/21/23 - 12/31/24)** Register for the self-directed Walk With Ease



#### Account

\* Username

\* Email

\* Password

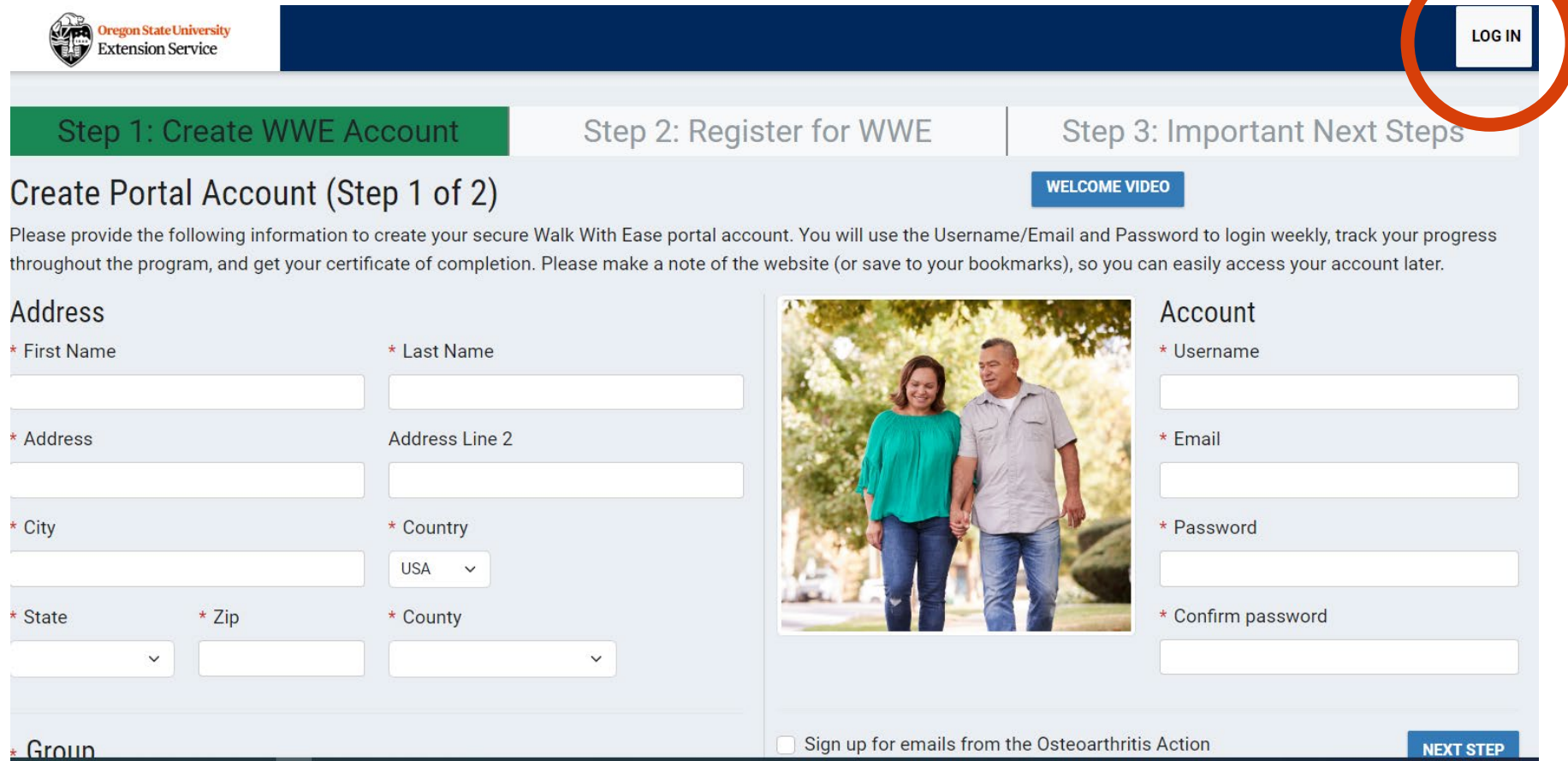
\* Confirm password


Sign up for emails from the Osteoarthritis Action Alliance

[NEXT STEP](#)

# Osteoarthritis Action Alliance Portal Walk-Through

After a person has completed the registration, they will return to the OSU Portal URL each time to login and access their account. They should click on the Login button in the top right corner of the page.



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**LOG IN**

Step 1: Create WWE Account | Step 2: Register for WWE | Step 3: Important Next Steps

**Create Portal Account (Step 1 of 2)** [WELCOME VIDEO](#)

Please provide the following information to create your secure Walk With Ease portal account. You will use the Username/Email and Password to login weekly, track your progress throughout the program, and get your certificate of completion. Please make a note of the website (or save to your bookmarks), so you can easily access your account later.

**Address**


\* First Name  \* Last Name

\* Address  Address Line 2

\* City  \* Country

\* State  \* Zip  \* County

\* Group



**Account**

\* Username

\* Email

\* Password

\* Confirm password

Sign up for emails from the Osteoarthritis Action

**NEXT STEP**

After a participant has clicked “START PROGRAM” on the Welcome Page, the program will start with Week 1. Participants can enter their goals and tracking their days and minutes of walking. They can also indicate if they took part in a live event, such as a group walk. Participants can move forward and backward in the weeks as needed, allowing them to re-start the program if they aren’t able to complete it all at once.

OA OSTEOARTHRITIS

Dashboard Hello Testing123! LOG OUT

Steps to Complete

Access Walk With Ease Book

Registration Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Evaluation Certificate Summary Start WVE Again

### Walking Goals - Week 1

Enter your walking goals for this week

Days:  Minutes:

Watch on YouTube

#### This week's walking accomplishments

Weekly

Total # of Days Walked:  Total # of Minutes Walked:

CHANGE TO DAILY DIARY

#### Goals for next week

Days:  Minutes:

Did you participate in a live WVE event this week (virtually or in-person)?

Yes  No

Notes:

SUBMIT

#### Schedule for this Week

- Read [Chapter 1](#)
- Listen: [Audio Lecturette 1: Welcome & Introduction](#) (8:32)
- Listen: [Audio Lecturette 2: Chapter 2 Highlights](#) (5:06)
- Listen: [Audio Lecturette 3: Chapter 3 Highlights](#) (12:41)
- Do your [Starting Point Self-test](#) ([Chapter 1](#))
- Set up your [Walking Plan](#) and [track your walking](#) ([Chapters 2 and 3](#))
- Walk! Try to walk at least three days a week
- Make a [Walking Contract](#)
- Do the [5-Step Basic Walking Pattern](#) each time you walk ([Chapter 5](#))
- Follow the [FITT principles](#) each time you walk ([Chapters 3 and 5](#))
- Read [Chapter 1 Reminders](#)
- [Appendix A](#): Self-tests, Contracts, and Diaries
- [Appendix B](#): Exercises to Help You Warm-Up, Stretch, and Cool-down
- [Appendix C](#): Resources and References

#### Days Walked / Minutes Activity

Week	Days Walked	Minutes Activity
1	2	100
2	2	100
3	4	300
4	4	300
5	3	250
6	5	350

If participants choose to receive the eBook, they can access it from the top right of their screen.

Oregon State University Extension Service | Dashboard | Hello aharris1224! | LOG OUT

Steps to Complete: Registration | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Evaluation | Certificate | Summary | Start WWE Again

### Walking Goals - Week 1

Enter your goals for this week

Walking

Days:  Minutes:

Stretching & Strengthening

Days:  Minutes:

This week's accomplishments

Walking (Weekly)

Total # of Days Walked:  Total # of Minutes Walked:

Stretching & Strengthening (Weekly)

Total # of Days:  Total # of Minutes:

[CHANGE TO DAILY DIARY](#)

Log Steps

Schedule for this Week

Walk! Try to walk at least three days a week

[Watch](#) [Read](#) [Listen](#) [Review](#)

Walk With Ease: Week 1

-Severe pain  
-Pressure, lightness or pain in the chest

Watch on YouTube

### This week's accomplishments

Walking (Weekly)

Total # of Days Walked:  Total # of Minutes Walked:

Stretching & Strengthening (Weekly)

Total # of Days:  Total # of Minutes:

[CHANGE TO DAILY DIARY](#)

Log Steps

### Goals for next week

Walking

Days:  Minutes:

Stretching & Strengthening

Days:  Minutes:

Did you participate in a live WWE event this week (virtually or in-person)?

Yes  No

Notes

[SUBMIT](#)

In addition to walking, participants can track stretching and strengthening goals and accomplishments.

Participants can choose to enter minutes in a Daily Diary if they prefer.

**Steps to Complete**

Registration **Week 1** Week 2 Week 3 Week 4

### Walking Goals - Week 1

Enter your walking goals for this week

Days  Minutes

---

**This week's walking accomplishments**

Week 1

Total # of Days Walked  Total # of Minutes Walked

**CHANGE TO DAILY DIARY**

---

**Goals for next week**

Days  Minutes

---

Did you participate in a live WWE event this week (virtually or in-person)?

Yes  No

Notes

**SUBMIT**

Registration **Week 1** **Week 2** Week 3 Week 4 We

### Walking Goals - Week 1

Enter your walking goals for this week

Days  Minutes

---

**This week's walking accomplishments**

Daily

Monday  Tuesday  Wednesday

Thursday  Friday  Saturday  Sunday

**CHANGE TO WEEKLY DIARY**

Steps to Complete

Registration

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Evaluation

Certificate

Summary

Start WWE Again

1

2

3

## Evaluation

Fill out the Evaluation Form in order to receive your Certificate of Completion.

### 1) Health

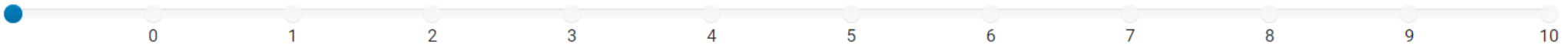
In general, would you say that your health is:

- Excellent  Very good  Good  Fair  Poor

How sure are you that you can manage your health so you can do the things you need and want to do?

Totally unsure

Totally sure



### 2) Activity

How many days during the week do you typically go for a walk/s?

- 0  1  2  3  4  5  6  7

On average, how many minutes do you walk on each of those days

- 0 minutes  1-10 minutes  11-20 minutes  21-30 minutes  30+ minutes  3-4 hours  4-5 hours  More than 5 hours

How confident are you at maintaining or increasing your physical activity?

1 = Not at all confident

10 = Extremely confident

# Discussion:

**How could Walk With Ease fit into  
your workplace?**



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## **Brainstorm:**

**How could you promote WWE as a group wellness activity to support physical activity and social connections with colleagues?**



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# Contact Information

**Ellen Radcliffe, MPH**

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**Visit our website to learn more about WWE in Oregon!**

**[walk.oregonstate.edu](http://walk.oregonstate.edu)**

**Email our team at [walk@oregonstate.edu](mailto:walk@oregonstate.edu)**



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