

WALK WITH EASE LEADER GUIDANCE

You're officially a trained Walk With Ease leader! Congratulations! Now what? This document gives you a brief overview of everything you need to know to offer your first program with fidelity. This guidance is for the group-led (in-person) version of the program.

PLANNING AND PAPERWORK

Walk With Ease consists of 18 sessions, held either three times a week for six weeks or twice per week for nine weeks. Select a one hour time and meeting cadence that works best for you and your participants to meet.

Once you've planned your class, send the following to walk@oregonstate.edu:

- Dates (start and end dates)
- Time you'll meet
- Registration contact
- Days of the week you'll meet
- Location
- Leader name

This is a great time to let us know how many books and water bottles you need!

First day of class. Have participants complete the [Registration Form](#) (OSU Leaders please use the [Registration and Liability Waiver](#)). Send copies to Walk With Ease by mail or email.

Throughout the series. Track attendance using the [Attendance Form](#).

Last day of class. Have participants complete the [Post-Program Survey](#).

Within 30 days of end date. Send copies of your attendance log and evaluations by mail or email.

- Mail forms to : Walk With Ease, Oregon State University
2631 SW Campus Way, 246 Hallie Ford Center, Corvallis, OR 97331
- Scan and email forms to walk@oregonstate.edu

Note: If you work with an organization outside of Oregon State University and plan to enter your own Walk With Ease class data through the Compass portal, you do not need to send copies of your forms unless specifically requested. Please work with the WWE Team to ensure that OSU has access to your Compass data.

IMPLEMENTING THE PROGRAM

Typical sessions begin with a 5-10 minute health "lecturette" followed by a group walk utilizing the 5-Step Walking Pattern. Page numbers to each session's outline, guidance, scripts, and posters are referenced here from the Walk With Ease Leader Guide.

WEEK 1

- 1: Pg. 13-24
- 2: Pg. 25-32
- 3: Pg. 33-45

WEEK 4

- 10:Pg. 101-109
- 11:Pg. 111-116
- 12:Pg. 117-124

WEEK 2

- 4: Pg. 47-55
- 5: Pg. 56-68
- 6: Pg. 69-75

WEEK 5

- 13:Pg. 125-129
- 14:Pg. 131-135
- 15:Pg. 137-143

WEEK 3

- 7: Pg. 76-85
- 8: Pg. 87-94
- 9: Pg. 95-100

WEEK 6

- 16:Pg. 145-152
- 17:Pg. 153-157
- 18:Pg. 159-166

ADDITIONAL RESOURCES

Visit walk.oregonstate.edu and review the [Group Leader Resources](#) to access all the materials you'll need for your upcoming classes. Check out the Arthritis Foundation's Walk With Ease Leader Resources [here](#) and the Osteoarthritis Action Alliance's Walk With Ease toolkit [here](#) for more leader guidance, tools, and support. Teaching a virtual class? Click [here](#) to access the Virtual Class Toolkit. If you have any questions or need any other support in getting started, reach out to walk@oregonstate.edu.