

## FAQ: Walk with Ease: Self-Directed

### **What is the Walk with Ease: Self-Directed program?**

- The Walk with Ease: Self-Directed program is a 6-week evidence-based walking program, to help individuals, such as yourself, start or maintain a low-impact exercise program.
- Throughout the six weeks, participants are encouraged to walk a minimum of three days per week. Participants will keep track of their walking minutes and report the weekly minutes in the following weeks email.
- Participants will receive weekly encouraging emails from the Wellness Works Team.
- The Walk with Ease program was developed by the Arthritis Foundation. The Arthritis Foundation has recognized that walking is a great physical activity for everyone with or without arthritis. Everyone is encouraged to be part of this great six week walking program.

### **What is required of me to participate?**

- Sign-up for the program through the Walk with Ease Registration portal.
- Walk a minimum of three days a week for six weeks and report walking minutes via the Walk with Ease Participant Portal.
- Complete the post-questionnaire at the end of the six weeks.

### **Is there a group meeting?**

- No, the Walk with Ease: Self-Directed program does not meet together; all correspondence is done through email.
- The Walk with Ease: Self-Directed program allows for flexibility of when, where, and the duration each person wants to walk.

### **Is there a required distance or time I need to walk each week?**

- There is no required distance or time to complete each week.
- Participants will start at their own fitness level.

### **Do I need to have any material or equipment for this program?**

- Participants will need to have access to an email account once a week.
- Comfortable pair of walking shoes (you do not need to buy new shoes, use the one you already have).

### **How often will I receive emails?**

- Emails will be sent no more than 2x a week throughout the 6 week program as well as the week following.

### **Who are the emails coming from?**

- Emails are being sent from a [wellnessworks@iastate.edu](mailto:wellnessworks@iastate.edu) sender
- All emails will be titled with “Walk with Ease: ...”
- Some email servers may send the Walk with Ease emails to your spam, junk, or promotional box, please look out for them in these alternative boxes.

### **How do I report my walking minutes?**

- Walking minutes can be reported daily or weekly using the Walk with Ease portal link in the weekly emails

### **Who do I contact if I have any questions or concerns?**

- Please contact the Wellness Works team at [wellnessworks@iastate.edu](mailto:wellnessworks@iastate.edu) with questions
  - Please note the [wellnessworks@iastate.edu](mailto:wellnessworks@iastate.edu) email is only checked once a day, you may not get a reply right away.

