



Walk With Ease Self-directed Program



The Arthritis Foundation's **Walk With Ease** program is a gentle exercise program shown to reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can succeed with Walk With Ease.

MSU Extension offers the **Self-Directed Enhanced** version, where participants start and finish the six-week program together. Join with a friend or form your own walking support group.

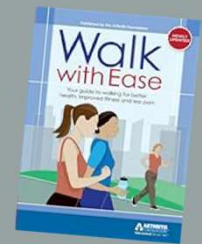
An MSU Extension leader helps keep the group organized and motivated. Participants are encouraged to walk **10–35 minutes at least three times per week**.

During the six-week program, participants will:

- Understand arthritis & the relationship between arthritis, exercise, and easing pain
- Exercise safely and comfortably and make walking fun
- Make a personal walking plan with realistic goals for improved fitness.
- Get tips and resources to overcome barriers & continue to be physically active
- Learn about programs & resources to maintain walking & other physical activity

Walk With Ease will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great



“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

— Walk With Ease participant

SPONSORS:

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Stepping into Spring: A 6-week walking reset

If you are interested in joining us as we walk our way to health, register now!

When: Wednesdays at 9 a.m.
E.T. May 6 – June 10, 2026

Where: Self-paced via weekly email communication with instructor

Instructor: Naomi Hyso
MSUE Health Educator
hysonaom@msu.edu

NO COST!!!

Register by May 1st 2026

<https://events.anr.msu.edu/WWESPRING26/>

