

Published on *VirginiaNavigator* (<https://virginiannavigator.org>)

## Walk with Ease Program



**The Arthritis Foundation Walk with Ease** (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Led by a certified Arthritis Foundation Peer Leader, this program has been shown to reduce pain and increase balance and walking pace. The six weeks WWE program, participants are encouraged to walk three times a week.

Participants can find parks and trails by visiting the [Virginia's Arthritis Friendly Parks and Trails Map](#).

In the **Self-directed** format, participants read the WWE book and walk on their own. Offered at no cost to anyone who can be on their feet for 10 minutes without

increased pain.

**For more information, click here.**

**[Start your WWE program](#)**

Article Source

Virginia Department of Health

Source URL

<https://www.vdh.virginia.gov>

Last Reviewed

Monday, January 15, 2024