

## Walk with Ease

# Workshop Overview

### ●●● Session Overview

1. Lecturette
  2. Warm-up
  3. Walk
  4. Cooldown
  5. Closing remarks
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### ●●● Lecturette Topics

- Waking Goals
- Health Concerns
- Dos and Don'ts of Exercise
- Two-hour Pain Rule
- Walking Contract
- FITT: Frequency, intensity, time, and type
- Setting a Walking Plan
- Coping with Pain & Discomfort
- Walking Surfaces
- Walking Progression
- Walking Safely
- Good Body Mechanics
- 5-step Basic Walking Pattern
- Arthritis Types
- Strengthening Exercises
- Stretches