

WIHA's Guide to the:

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# Walk with Ease Leader Training

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# Steps

- 👣 Step 1: Enroll in the Walk with Ease Leader training (cost \$89)
  - Pre-requisites:
    - CPR-certified
    - Have professional liability insurance (unless covered by employer/facility)
  - [Enroll](#)

- 👣 Step 2: Print the Walk with Ease Manual  
Once you enroll, you will login and be brought to the Main Page.

A. Click on COURSES.

A →

**COURSES (/COURSE)**

Access your online courses

**HISTORY (/ORDERHISTORY)**

Provides details of all past orders you have placed

**CERTIFICATES (/CERTIFICATE)**

View/Print your certificates

**PRO DISCOUNTS**

**ACCOUNT (/ACCOUNT/DETAILS)**

Update your e-mail address, password, mailing addresses and other account data

**ENROLLMENT KEY (/ENROLLMENTKEY/REDEEM)**

Redeem Enrollment Key(s)

**RE-CERTIFICATION (/RECERTIFICATION)**

Access the online recertification application. Find the AFAA recertification application at AFAA.com


**PRO RESOURCES**

B. Then you are brought to the **NAMS/AFAA Portal Page**. Click on the action button for AFAA- ARTHRITIS FOUNDATION: WALK WITH EASE.

The screenshot shows the NAMS/AFAA logo at the top left and user information 'Hello, Erin Eggert!' with links for 'Contact', 'My Cart', and 'Log Off' at the top right. On the left is a navigation menu with options like 'Courses', 'History', 'Certificates', 'Account', 'Enrollment Key', 'Re-Certification', 'Pro Discounts', and 'Pro Resources'. The main content area is titled 'MY COURSES' and contains a table with two columns: 'Name' and 'Action'. The table lists the course 'AFAA - Arthritis Foundation: Walk with Ease' with a play button icon in the 'Action' column. A green arrow labeled 'B' points to this play button.

C. You will then be brought to the Walk with Ease Training Main Page. Click and print the WWE LEADERS GUIDE and WORKSHOP OUTLINE.

The screenshot shows the 'My profile settings' sidebar on the left with a 'PROGRESS BAR' indicating 100% completion of a 'Final Exam'. The main content area features the AFAA logo and an 'Introduction' section. Below the introduction is the 'WWE Leader Guide & Workshop Outline' section, which includes a link to a downloadable workshop leader guide. At the bottom, there are two links: 'WWE Leaders Guide' and 'View Workshop Outline'. A green arrow labeled 'C' points to these links.

 **Step 3 (Optional): Add Page Markers**

*Some leaders find it helpful to have page markers at the beginning of each Part and Session of the Leader Manual. This is optional but if you so choose, we have provided recommended pages marked in Appendix A.*

 **Step 6: Watch Arthritis Foundation’s Leader Training Video**

*This video goes through the background of the WWE program and shares valuable information about Arthritis. You should access this video through the online platform through AFAA.*

A. Follow **Step 2** to get back to the Walk with Ease Main Page. You should see the introduction at the top of the page. As you scroll down you should see the following image:

**WWE Leader Guide & Workshop Outline**

Click the link below for a downloadable workshop Leader guide to help you prepare for or follow along with the training, and to keep for future reference in leading a WWE class. This guide is an excellent overview of all the important topics covered in the training. You may view, print, and save the guide at your convenience. In addition, the Workshop Outline file is a learning supplement to follow along with the online videos.

 [WWE Leaders Guide](#)



 [View Workshop Outline](#)



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**WWE Leader Training Video Workshop**

Click the link below to watch the online training. You may watch the videos as many times as you need to become comfortable with the information. When you are finished with the videos, you may move on to the Final Exam.

**B**   [Play Videos](#)



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**WWE Participant Book**

Every participant needs a copy of the Walk With Ease guidebook. You may purchase copies at [AFstore.org](http://AFstore.org). The guidebook is referenced in this training.

- B. Click on the “PLAY VIDEOS”
- C. The video page will come up. Notice along the right side there are THREE videos that you will need to watch.
- D. Click the PLAY button to start the video.
- E. Once you have completed each video, click the ARTHRITIS FOUNDATION: WALK WITH EASE link to return to the main page.

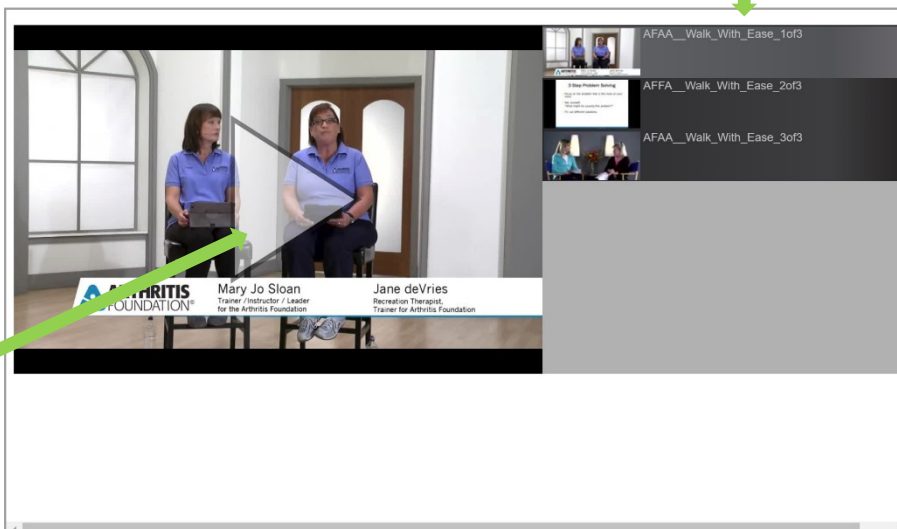
## AFAA - Arthritis Foundation: Walk with Ease

My home ▶ Arthritis Foundation: Walk with Ease ▶ WWE Leader Training Video Workshop ▶ Play Videos

### ADMINISTRATION

- ▶ Course administration
- ▶ My profile settings

### Play Videos



### 🎯 Step 7: Take Arthritis Foundation's Quiz

*The quiz covers information covered in the Arthritis Foundation's webinar and all answers must be correct to receive your certification. If needed, the quiz may be taken up to three times.*

- A. Follow **Step 2** to get back to the Walk with Ease Main Page. You should see the introduction at the top of the page. As you scroll to the bottom you should see:

#### Final Exam

Once you have viewed the video workshop and feel comfortable with the information, move on to the final exam. You are allowed three (3) attempts to successfully complete the exam. Remember, successful completion is defined as answering all items correctly. If after three (3) attempts you have not done so, you will be given the opportunity to purchase a retest for the module exam. Once you have completed the module exam, you will not be able to return to it. Therefore, before you begin, ensure your comfort level with the material and keep any support material handy. Good luck!

B



- B. Click on FINAL EXAM and work through the exam.

### 🎯 Step 8: Print your Certificate

*Once the Arthritis Foundation's Quiz has been passed, log back in to NASM portal to print your Leader Record of Completion.*

- A. Exit the Walk with Ease Training and return back to the NASM/AFAA Portal Page. (Follow **Step 2**).

The screenshot shows the NASM/AFAA portal interface. At the top, the logo for NASM AFAA is displayed. To the right, there is a user greeting: "Hello, Nicholas Turkas!" followed by links for "Contact", "My Cart", and "Log Off". Below the header is a navigation sidebar on the left with options: "Courses", "History", "Certificates", "Account", "Enrollment Key", and "Re-Certification". A green arrow labeled "B" points to the "Certificates" option. The main content area is titled "MY CERTIFICATES" and contains a table with the following columns: "Title", "Award Date", "Expiration Date", and "Action". A single row is visible with the title "Arthritis Foundation: Walk with Ease™" and an award date of "5/2/2017". A blue play button icon is located in the "Action" column, with a green arrow labeled "C" pointing to it.

- B. Click on CERTIFICATES along the left side.  
C. Then click on the Action Button.  
D. Print your certificate. It might be helpful to print one copy as a PDF to save electronically.

## After the Leader Training:

Visit the [WIHA WWE Webpage](#) and do the following tasks:

1. [Register with WIHA as a WWE Leader](#)
2. *(Strongly encouraged)* Complete [WIHA's Basic Training](#) course.
  - A free course designed for WIHA Leaders to provide more information about essential elements to facilitate evidence-based programs.
  - ~4 hours in duration.
3. Receive the login information to access the program materials on the WIHA website.
4. [Place your book order](#) (1 book/participant)
5. Chose your method of delivery:
  - In-person

- Self-directed (*a trained Leader is not required for the self-directed version as a program provider will simply promote participants to purchase the book or loan the book to participants and allow them to do the program on their own*).
- [Enhanced version](#) (*a combination of virtual delivery + self-directed*)

6. Plan your program dates

**Login to the Leader Resources section for Walk with Ease to:**

7. Register your program with WIHA by completing the [Program Notification Form](#)
8. View the Outreach Materials and customize to your site to market the program
9. Download your participant posters
10. Download Data Collection Material for before and after the program starts (OR wait to receive this from WIHA upon completing your Program Notification Form).

**Then:**

11. Start your Program!
12. Upon completion of your program, be sure to mail the data collection materials and attendance log back to WIHA.

Congratulations! You are a certified Walk with Ease Leader AND led your first class!

To maintain your credentials as a Walk with Ease Leader, you must:

- Stay current on CPR
- Teach at least one WWE class per year

If you lapse in teaching the program, you must complete the leader training again through AFAA.



## Appendix A

*If desired, add page markers to the following pages in the Leader Manual.*

- Table of Contents: page iii
- Part 1: Page 1
- Part 2: page 11
  - Session 1: page 13
  - Session 2: page 25
  - Session 3: page 33
  - Session 4: page 47
  - Session 5: page 55
  - Session 6: page 69
  - Session 7: page 75
  - Session 8: page 87
  - Session 9: page 95
  - Session 10: page 101
  - Session 11: page 111
  - Session 12: page 117
  - Session 13: page 125
  - Session 14: page 131
  - Session 15: page 137
  - Session 16: page 145
  - Session 17: page 153
  - Session 18: page 159
- Part 3: page 167
- Part 4: page 191
- Part 5: page 205
- Part 6: page 249
- Part 7: page 267

## Appendix B

Correlating manual pages, guidebook pages, & poster numbers

*The leader manual does not mention a poster number or the related page in the participant’s guidebook. Some leaders may find it helpful to write notes on the pages for which poster/pages to refer to. Here is a table of what page something is mentioned and what item is mentioned (Column 1), followed by which poster is related (Column 2), and which pages of the guidebook it is referring to (Column 3).*

Leader Manual Page & what	Poster #	Guidebook Page
14, 23, 160, 166- “Walk with Ease Program Goals Poster	1	5
18- & 24 “Health Concerns Checklist Poster”	2	3-4
22- “Starting Point Self Test”	--	14
27, 30, 31 “Exercise Do’s and Don’ts”	3 & 4 (one or other)	34
27 & 32 “Two-Hour Pain Rule”	5	75
35 & 44 “FITT”	6	44-47
37 & 45 “Developing Your Walking Plan”	7	51
49 & 53 “Techniques for Coping with Pain and Discomfort”	8	71-78
50 & 54 “Pick the Right Surfaces: Go for Level 1”	9	50
57 & 65 “Walking Progression Chart”	10	104

58 & 66 “More Tips for Walking Safely”	11	105-108
60 & 67 “Good Body Mechanics”	12	108-109
61 & 68 “5-Step Walking Pattern”	13	100
78 & 83 “Osteoarthritis”	14	19-22
78 & 84 “Rheumatoid”	15	22-24
79 & 85 “Fibromyalgia”	16	25-26
105 & 108 “Strengthening Exercises”	17	156-159
106 & 109 “Additional Stretches to Try at Home”	18	154-155
147 “End Point Self-Test”	--	???
148 “Future Walking Plan Form”	--	???