COURSE NO: 52-11-75  
NEW: September/2011

TITLE: HEALTH AND FITNESS: ARTHRITIS FOUNDATION WALK WITH EASE PROGRAM

PROGRAM: Older Adults

CREDITS: 0  
HOURS: 30

COURSE: 6:6008 Health Literacy

COURSE DESCRIPTION:

Developed and tested by the Arthritis Foundation, Walk With Ease is an evidence-based program designed to help individuals create and implement a walking plan to meet their particular needs. This competency-based course contains information and exercises designed to help students learn to exercise safely to keep muscles strong and joints stable, manage pain, boost energy, reduce stress and control weight by learning to set realistic walking fitness goals.

PREREQUISITES:

None

NOTE:

This course must be taught by a credentialed DACE teacher who has earned leader certification in this evidence based program, Arthritis Foundation Walk With Ease.

This course may not be offered without prior approval of the program for older adults advisor. Call (213) 241-3167 for implementation guidelines.

After a student has completed this course, he/she may not be allowed to re-enroll in the course.