

FAQ: Walk with Ease: Self-Direct

What is the Walk with Ease: Self-Directed program?

- The Walk with Ease: Self-Directed program is a 6-week evidence-based walking program, to help participants start or maintain a low-impact exercise program.
- Throughout the six weeks, participants are encouraged to walk a minimum of three days per week. Participants will keep track of their walking minutes and report the weekly minutes in the following weeks email.
- Participants will receive weekly encouraging emails from the Walk with Ease instructor.
- The Walk with Ease program was developed by the Arthritis Foundation. The Arthritis Foundation has recognized that walking is a great physical activity for everyone with or without arthritis. Everyone is encouraged to be part of this great six week walking program.

What is required of me to participate?

- Sign-up for the program via the participant questionnaire.
- Walk a minimum of three days a week for six weeks and report walking minutes to walking instructor.
- Complete the post-questionnaire at the end of the six weeks.
- After these three things are completed at the end of the six weeks, participants will receive a Certificate of Completion.

Is there a group meeting?

- No, the Walk with Ease: Self-Directed program does not meet together; all correspondence is done through email.
- The Walk with Ease: Self-Directed program allows for flexibility of when, where, and the duration each person wants to walk.

Is there a required distance or time I need to walk each week?

- There is no required distance or time to complete each week. Participants will start at their own fitness level.

Do I need to have any material or equipment for this program?

- Participants will need to have access to an email account once a week.
- Comfortable pair of walking shoes (do not need to buy new shoes, use the one you already have).

How do I sign-up?

- Go to Glacier County Health Department Walk with Ease website
- There are several dates to choose from, select the date that best fits your schedule to start the Walk with Ease program.
- Once you have picked the date that works best for you, click on the link and you will be directed to a questionnaire to register.
- The questionnaire consists of demographic information, evaluation on current self-efficacy to exercise, and current exercise activity. Once the questionnaire is completed, you will be registered for the program.

How do I know when I am enrolled?

- After completing the questionnaire, you will receive an email within five minutes of sign-up, confirming your registration.
- For any technical assistance, contact Melissa Dale at WalkWithEase@mt.gov or 406-444-0959.

How do I enter the drawing for completing the program?

- Participants will receive an emailed Certificate of Completion when you complete:
 - Sign-up questionnaire
 - Record and report your 6-week walking minutes
 - Post-questionnaire
- Email or turn in a copy of your Certificate of Completion to Holley DeWitt at the Glacier County Health Department hdewitt@glaciercountymt.org to be entered in to the drawing for an Albertsons gift card.

How often will I receive emails?

- You will receive an email immediately signing up, for your confirmation
- Then you will begin receiving emails two weeks before the start date
- There will be a total of ten weekly emails
- Emails will be sent every Monday at 9:00am

Who are the emails coming from?

- Emails are being sent through an email marketing service called MailChimp
- All emails will be titled with "Walk with Ease: ..."
- Some email servers, such as Gmail, Hotmail, Yahoo, AOL, Mid-Rivers, Bresnan, CenturyLink, etc., may send the Walk with Ease emails to your spam, junk, or promotional box

How do I report my weekly minutes?

- In the weekly emails you receive, there will be a blue button in the email, labeled "Report Weekly Minutes". After clicking the button, you will be redirected to a webpage to report your weekly walking minutes

What is my Participant ID?

- For most everyone, your Participant ID is your first letter of your first name, the first three letters of your last name, and your birthdate:
 - E.g. Snow White, DOB February 2, 1938
 - Participant ID= SWHI2238
- You will need to enter in your Participant ID to report your minutes. The database system will use the Participant ID to link your weekly minutes to the correct file