



Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

For Immediate Release

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Free Walk with Ease – Self-directed Program Offered

September 22, 2014 Watertown, NY - The Jefferson County Public Health Service (JCPHS) is offering Walk with Ease-Self Directed program to adults of Jefferson County. Specifically developed for people with arthritis, this Arthritis Foundation program is also appropriate for people without arthritis, especially those with diabetes, heart disease and other chronic conditions, who want to become more active. Beginners to the physically fit can benefit - the only pre-requisite is the ability to be on your feet for at least 10 minutes without increased pain. Individuals use the Walk with Ease Guidebook and walk on their own 3 times per week for at least six weeks. Walking is an excellent and simple form of exercise that's good for nearly everyone. Walking can help you gain all the benefits of exercise, from weight loss to stress control.

JCPHS will hold an enrollment session at the Public Health Facility, 531 Meade Street, Watertown, NY on Thursday, September 25th at 9:30am. This enrollment session gives you the opportunity to meet others who want to walk and form walking groups, if desired. Participants who complete the program will be entered into a drawing for a \$250 gift card for produce.

Topics in the Walk with Ease-Self Directed program include:

- Exercise do's and don'ts including tips for walking comfortably and safely
- Methods to make walking fun
- Making a doable personal walking plan with realistic goals for improved fitness
- Arthritis basics and the relationship between arthritis, exercise and pain
- Tips for "sticking with it," even when the going gets tough
- Information about other programs and resources that can help keep you walking

For more information about services the JCPHS offers go to www.icphs.org

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