

New Online Training Workshop

Become a Walk With Ease Leader

Complete the new interactive online training and teach others to safely make physical activity a part of their everyday lives.

Training Curriculum

- Arthritis Overview
- Benefits of Walking
- Health Education
- F.I.T.T. Principal
- Stretching and Strengthening Exercises



Instructor Requirements

- Be certified in CPR
- Must carry professional liability insurance unless covered by employer/facility

Program Details

The online training is offered through the Aerobics and Fitness Association of America (AFAA). The introductory fee* is \$69! The fee includes:

- Interactive online training workshop
- Downloadable PDF instructor manual
- Two-year Arthritis Foundation certification
- Four AFAA CEUs

*After two-month introductory period, training fee is \$79

For more information or to register for the training, visit
<http://www.afa.com/arthritisfoundation.htm>.