

Walk Your A.S. Off™

Taking steps today for better tomorrows!

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why we walk

Have you heard of AS? Ankylosing Spondylitis (AS) & Axial Spondyloarthritis (SpA) are chronic life long autoimmune diseases that cause extreme back pain, fatigue, and inflammation throughout the body including possible organ involvement. Certain complications can lead to disability & spinal joint fusion. SpA often goes undiagnosed for years until fusion is apparent and the disease progresses to full blown A.S. & disability. Recent CDC estimates are that 1% of the population have this disease – or **33 million people** worldwide! **We are walking for those who cannot.** We are joining together to walk for our health & to raise awareness. Please help us reach our goals! No fundraising or registration fee!

Help us share our stories & work to find a cure - that is why we walk!

*Join us - all abilities & ages are welcome to participate. We track any sport that covers a distance at 2000 steps per mile.

how our walk is different

One:

Join
or form a
team of
your own!
See the
"meet our
teams" tab
on the walk
website.

Two:

**Get
Ready**

- Pedometer
- Step log
- Walking shoes
- Team t-shirt

Three:

Walk
Starting on
March 1st
count **EACH**
step you
take until
World AS Day
on May 3rd!

Four:

**Track
& log
steps.**
Set your
personal
& team
goals!

Five:

Share
your steps
with your
team & for
weekly
tabulation
and team
encourage-
ment!

A.S. & SpA Facts:

- The CDC estimates that 2.7 million adults in the USA have axial spondyloarthritis - world wide 33 million.
- There is currently no cure for this group of diseases.
- "Spondylitis" is an "inflammation of the vertebra", where "ankylosis" refers to joint fusion or immobility.
- Exercise is a high priority for people living with this disease. In fact, the [Spondylitis Association of America](#) states that "you must make time for it each day (even 5-10 minutes is helpful). If you do, many benefits will follow from your efforts. A spondylitis exercise program will help you maintain good posture, flexibility and eventually help to lessen pain."

for friends & family

**Million
STEP
Challenge**

The million step challenge is only for people with a Doctor's consent. Please consult your physician before beginning any fitness program.