

# Walk Your A.S. Off™

Taking steps today for better tomorrows!

www.WalkYourASoff.com

@WalkYourASoff

www.facebook.com/WalkYourASoff

## 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 required to participate!

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

## 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

- Register & Log in to YOUR page!
- Pedometer
- Walking shoes
- Team t-shirt

### Three:

**Walk** Starting on April or May 1st count **EACH** step you take.

### Four:

**Track** & log steps via YOUR page on our website.

Set your personal & team goals!

### Five:

**Share** your steps with your team, for weekly tabulation, and team encouragement!

## 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.