



Sign Up & Log Steps Here
www.WalkASone.org

why we walk

Ankylosing Spondylitis (AS) & Axial Spondyloarthritis (axSpa) are chronic lifelong autoimmune diseases that causes 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 are affected – or 33 million people worldwide. We also walk and share about these diseases and the challenges we face in order to help those yet to be diagnosed. We come together each May to walk for our own health, to raise awareness of AS and unexplained backpain, and to take enough steps to reach mArS! Please join us in walking and logging over 316 billion collective steps!

how our walk is different

One:

Join or form a team!

Get ready!

- Pedometer or phone app
- Bookmark WalkASone.org
- Walking shoes
- Team t-shirt available on WalkYourASOff.com

Two:

Leave your footprint...

Consider raising money for your country's AS/axSpa and ASIF organization

Three:

Starting May 1st...

**Walk
Share
Educate
Advocate
Have FUN!**

Four:

Log In

Don't forget to log your steps on your Walk AS One page on the website to make sure they add in to the total to reach our goal. We're working to reach MARS - over 316 Billion steps are needed.

Five:

On May 31st...

Celebrate your accomplishment

Consider walking and logging your steps year round.

Stay in touch for other walk events at WalkASOne.org

