



# TEAM CAPTAINS GUIDE

# What is Walk Your AS Off?

Walk Your AS Off is a virtual walk event to get us moving and raise awareness for Axial Spondyloarthritis. We “Walk our A.S. Off!” in order to stay active to keep our joints working as well as possible. Most people with Spondylitis benefit from regular exercise. Unfortunately, many of us don’t do too much. Walking is a fantastic form of low impact exercise – so let’s get

## Why do we walk?

Axial Spondyloarthritis (AxSpA) is a chronic lifelong disease that causes extreme back pain, fatigue and inflammation throughout the body including potential organ involvement. On average, it takes about 10 years to obtain a diagnosis which often happens after the individual has some apparent spinal fusion or disability. There are approximately 33 million people diagnosed worldwide and we walk to raise awareness, to encourage daily movement and we

## Who can participate?

Anyone! You don’t have to be an athlete or have AxSpA or Ankylosing Spondylitis. Our mission is to raise awareness and get people moving at ALL levels, whether that’s a few steps per day, gentle chair exercises, or running ultra marathons (there’s one or two who do!) People from all walks of life, countries around the world, and all ages have participated in Walk Your AS Off, and we welcome everyone.

## Why have a team?

Teams create a support system for members to encourage each other. And team captains function as leaders who can help answer questions and encourage accountability for logging steps. Think of your team as a virtual community, although some teams may actually be regional and able to meet up in person.



# How can I make a team?

You will have the ability to form your own team when you have [signed up](#). There are no limits on team size. Since we'll be tracking our steps from May 1st until May 31st, please try to get your team ready to log steps starting on launch day. You may want to watch the YouTube tutorial below (see resources section), which covers making a team, amongst other things.

## How can I encourage people to join my team?

Come up with your “why” and then get the word out! Invite friends and family in person, over phone/text, or through social media to join you and Walk AS One on our journey to reach Mars and raise awareness for AxSpA along the way. The Walk AS One [Facebook page](#) and [website](#) (and the Walk Your AS Off [website](#)) have resources that you will be able to share with your network to invite them to join you. Or, you can use our ready made Recruitment Flyer linked [here](#). Just fill in your team name and invite away!

## What information can I give my team members?

This is going to vary depending on if this is your team's first time or not. However, the most common resources that people find helpful are (see resources section for links):

- YouTube tutorial video on how to log steps
- Step conversion chart to convert exercise into steps
- A link to the Official Facebook Support Group
- A link to your teams Facebook Page/Instagram or other social media presence (if you have)

## Take an additional step...and make it a fundraiser (pun intended)

While not mandatory, most teams elect to do some sort of fundraising during the Walk Your AS Off event. This can either be for Walk AS One (the host of Walk Your AS Off) or for your local Spondylitis charity. How you do that is up to you. And if you need some inspiration or ideas, reach out to others in our Facebook group for help and advice.

If you or any of your team members wish to donate to Walk As One, a list of various methods can be found [here](#).

# What if I have a question and I need additional help?

The quickest way to get your question answered is to email us directly on [info@walkasone.org](mailto:info@walkasone.org). You can also reach out on social media or via Facebook Messenger, but our response may be slower.

## Resources

1. How to register and participate in Walk Your AS Off (YouTube video) - <https://youtu.be/d7mmawM39XA>
2. Facebook Group - <https://www.facebook.com/groups/walkasonegroup/>
3. Step conversion chart (PDF) - <https://bit.ly/wyaso-chart>
4. Walk Your AS Off Flyer (PDF) - <https://bit.ly/wyaso-flyer>
5. Recruitment Flyer - <https://bit.ly/wyaso-recruit>

Happy Walking,  
The Walk AS One Team

