

Self-Check

TEST YOUR KNOWLEDGE

Circle either “yes” or “no” for each of the following statements:

- Yes ☐ No ☐ I can name three basic facts about arthritis and exercise.
- Yes ☐ No ☐ I can explain what osteoarthritis, rheumatoid arthritis and fibromyalgia mean.
- Yes ☐ No ☐ I know the three main types of regular exercise that I should do and how often I should do them.

RATE YOUR CONFIDENCE LEVEL

On a scale of 0 to 10 with “0” being not confident at all and “10” being totally confident, circle the number that represents how confident you are about the following things.

I feel confident that I can apply the general tips about exercise and arthritis to my walking program.

0☐ 1☐ 2☐ 3☐ 4☐ 5☐ 6☐ 7☐ 8☐ 9☐ 10☐

Not confident at allTotally confident

I feel confident that I will not cause damage to myself with exercise.

0☐ 1☐ 2☐ 3☐ 4☐ 5☐ 6☐ 7☐ 8☐ 9☐ 10☐

Not confident at allTotally confident

I feel confident that I can walk and exercise at my own pace, building up to at least 30 minutes on 3 days or more per week.

0☐ 1☐ 2☐ 3☐ 4☐ 5☐ 6☐ 7☐ 8☐ 9☐ 10☐

Not confident at allTotally confident

NEXT STEPS

Could you answer yes to the statements above? Is your confidence level 7 or more? If so, congratulations! You are ready to move on.

Each of the statements refers to a section of this chapter. If you answered no to any of them, you may wish to go back and review that section. If your confidence is low, review the sections you’re not sure about. You can also share questions or concerns with your friends who have arthritis and walk or with your health care practitioner. If you’re in a *Walk With Ease* group program, we recommend that you share your questions or concerns with your group leader and fellow participants.