

## Self-Check

### TEST YOUR KNOWLEDGE

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

Yes  No  I understand the importance of all five steps of the walking pattern.

Yes  No  I understand good walking principles and body mechanics.

Yes  No  I know how to measure my walking intensity.

Yes  No  I know how to measure my fitness level.

Yes  No  I understand the importance of recognizing exercise limitations and safety considerations.

### 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 these statements.

I feel confident that I can follow the 5-Step Basic Walking Pattern on my own.

0  1  2  3  4  5  6  7  8  9  10

**Not confident at all**

**Totally confident**

I feel confident that I can maintain good body mechanics when I walk.

0  1  2  3  4  5  6  7  8  9  10

**Not confident at all**

**Totally confident**

I feel confident that I can monitor my walking intensity.

0  1  2  3  4  5  6  7  8  9  10

**Not confident at all**

**Totally confident**

I feel confident that I can measure my fitness level.

0  1  2  3  4  5  6  7  8  9  10

**Not confident at all**

**Totally confident**

### NEXT STEPS

Could you answer yes to the statements? Is your confidence level 7 or more? If so, congratulations! You’re 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.