

Lesson 2 Quiz

Keep track of your answers by clicking the bubbles next to your choice. At the end of the quiz, you will find an answer key so you can see how you did. Good luck!

1. Which of the following is a low-impact aerobic exercise suitable for individuals with arthritis?
 - a) **Jumping jacks**
 - b) **Running**
 - c) **Swimming**
 - d) **High-intensity interval training (HIIT)**

2. Mobility exercises aim to:
 - a) **Increase muscle strength**
 - b) **Improve cardiovascular fitness**
 - c) **Maintain joint motion and reduce joint stiffness**
 - d) **Boost balance and coordination**

3. Strengthening exercises for people with arthritis involve:
 - a) **Lifting heavy weights**
 - b) **High-impact movements**
 - c) **Strength training and weightlifting**
 - d) **Static stretching**

4. Mobility exercises do not help reduce stiffness in individuals with arthritis.
True False

Answer Key

You can check your answers here.

Each question is worth one point.

Record your score by filling out the box on the bottom right.

1. c) Swimming
2. c) Maintain joint motion...
3. c) Strength training...
4. 4) False

Score
/4