

Lesson 3 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. When designing an exercise plan for arthritis, it is important to (please select all that apply):
 - a) Focus only on high-intensity exercises**
 - b) Start slowly and gradually increase intensity**
 - c) Incorporate exercises that cause joint pain**
 - d) Consult with your health care provider**

2. The purpose of warming up before exercising is to (please select all that apply):
 - a) Increase joint stiffness**
 - b) Target specific joints and muscles you will be using during exercise**
 - c) Prepare the muscles and joints for activity**
 - d) Increase blood circulation**

3. When choosing exercises for your routine, it is recommended to:
 - a) Select exercises that you find challenging**
 - b) Ignore your overall fitness level**
 - c) Choose exercises you can fit into your daily routine**
 - d) Only focus on exercises that target a specific joint**

4. Using aids such as walking poles or braces during exercise can:
 - a) Increase joint instability**
 - b) Worsen joint pain**
 - c) Support your joints and reduce discomfort**
 - d) Lead to muscle imbalances**

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. b) Start slowly...
d) Consult with...
2. b) Target specific...
c) Prepare the muscles...
3. c) Choose exercises...
d) Increase blood...
4. c) Support your joints...

Score
/4