

Lesson 5 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. What are common barriers to exercise for individuals with arthritis?
Please select all that apply.
 - a) **Lack of motivation**
 - b) **High pain tolerance**
 - c) **Increased energy levels**
 - d) **Muscle soreness**
 - e) **Socioeconomic status**

2. It is best to change and modify exercises that aggravate your symptoms.
True False

3. What is a strategy to overcome the barrier of fatigue?
 - a) **Pushing through the fatigue and completing the full exercise routine**
 - b) **Modifying the exercise routine based on energy levels**
 - c) **Ignoring the fatigue and continuing with more intense workouts**
 - d) **Taking pain medication to counteract the fatigue**

4. Why is it important to set realistic goals for your exercise program?
 - a) **To challenge yourself and achieve rapid improvements**
 - b) **To avoid exercising altogether and rest more**
 - c) **To prevent overexertion and be able to gradually increase exercise intensity**
 - d) **To prioritize other activities over exercise**

5. Exercising alone is more effective for individuals with arthritis compared to exercising with a partner or group.

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. a) Lack of motivation
2. True
3. b) Modifying the exercise...
4. c) To prevent...
5. False

Score
/5