

Walk with Ease

a program for better living



Starting Point-Self Test Information

This form is for individuals to find a comfortable spot to start when it comes to exercise including walking. It is important to start slowly if this is the first time exercising.

Go through the form on page 1 filling out the questions honestly, then look at the 2nd page to tell you how you should move forward with exercise based on each section of the test.

Starting Point Self-test Scoring instructions

Pain

If your score was:

1-3 Pain is probably not your main concern. You may want to make pain management a lower priority for now and focus on other topics in the book.

4-7 Pain is probably an important concern for you. Many of the suggestions in this book will help you to reduce your pain. information on pain management can be found in Chapters 4 and 6.

8-10 Pain is probably a main problem for you. tell your health care practitioner that you're experiencing a lot of pain. Medication or a change in medication may help. Many of the suggestions in this book will help you to manage your pain. information on pain management can be found in Chapters 4 and 6.

Fatigue

1-3 Fatigue is probably not your main concern. You may want to make fatigue management a lower priority for now and focus on other topics in the book.

4-7 Fatigue is probably an important concern for you. Many of the suggestions in this book will help you to reduce your fatigue. information on fatigue management can be found in Chapters 4 and 6.

8-10 Fatigue is probably a main problem for you. tell your health care practitioner if you're experiencing a lot of fatigue. some medications may cause fatigue. information on fatigue management can be found in Chapters 4 and 6.

Physical Limitations

10-15 You probably don't have many physical limitations. information in Chapter 5 and the exercises in appendix B will give you ideas for improving your muscle flexibility, strength, and endurance.

16-22 You have some physical limitations, which can probably be improved if you increase your muscle flexibility, strength, and endurance. Chapter 5 and the exercises in appendix B will give you ideas for improving your muscle flexibility, strength, and endurance.

23-30 You have many physical limitations. the good news is that consistent exercise will probably help you improve your physical activities. information in Chapter 5 and the exercises in appendix B may give you ideas for improving your muscle flexibility, strength, and endurance, but check with your health care practitioner for more suggestions.