Refer to the  $45^{\circ} - 45^{\circ} - 90^{\circ}$  triangle. From there you can see that  $\tan 45^{\circ} = 1$ . It follows that  $x = 45^{\circ}$ . So:

$$\sec x = \sec 45^\circ = \frac{\sqrt{2}}{1} = \sqrt{2}$$