Weight Loss Pre/Post Test

Answers are in **BOLD** (1=e, 2=c, 3=f, 4=d, 5=a, 6=c, 7=a, 8=c, 9=a, 10=d, 11=b)

1. A healthy weight can help reduce the risk of developing or help control:  
   a. heart disease  
   b. type 2 diabetes  
   c. breathing problems  
   d. some types of cancer  
   **e. all of the above**  
   f. I don’t know
2. BMI is a measure of weight in relationship to height, and stands for:  
   a. Biological Metric Integration  
   b. Basal Metabolic Index  
   **c. Body Mass Index**  
   d. I don’t know
3. You should be evaluated by your physician before starting a weight loss program if:  
   a. you have any health problems  
   b. you take any medication  
   c. you want to lose more than 15-20 pounds  
   e. you plan to follow a liquid diet that replaces all food for at least 1 month  
   **f. all the above**  
   g. I don’t know
4. A healthy weight loss plan:  
   a. recommends eating <1000 calories per day  
   b. contains a list of foods that you should never eat  
   c. promises quick results  
   **d. incorporates gradual changes in food choices that last for a lifetime**  
   e. I don’t know
5. The most effective weight loss plans:  
   **a. recommend both increased physical activity and changes in food choices**  
   b. focus only on changing food habits  
   c. require 2-3 hours of exercise each day  
   d. use supplements to promote weight loss  
   e. I don’t know
6. The most effective meal schedule for weight loss is:  
   a. skipping breakfast  
   b. avoiding all snacks  
   **c. eating regularly scheduled meals and snacks throughout the day**  
   d. consuming only meat and vegetables for dinner  
   e. I don’t know
7. The best way to lose weight and keep it off is to:  
   **a. consume 500-1000 fewer calories each day**  
   b. eat less carbohydrate and more protein  
   c. eliminate sugar  
   d. follow a gluten-free diet  
   e. I don’t know
8. To monitor weight loss progress, weigh yourself:  
   a. every time you eat  
   b. monthly  
   **c. every morning**  
   d. weekly  
   e. never  
   f. I don’t know
9. Which habit helps promote fullness after eating as well as weight loss?  
   **a. eating slowly, taking at least 15-20 minutes to complete a meal**  
   b. eating fruit only for breakfast  
   c. avoiding whole grains   
   d. using a juicer for all vegetables  
   e. I don’t know
10. In order to lose weight, you should:  
    a. never eat high-fat, high-sugar treats like candy or ice cream  
    b. eat only sugar-free versions of sweets  
    c. eat only fat-free versions of sweets  
    **d. eat smaller amounts of sweets less often**  
    e. I don’t know
11. A recommended and safe rate of weight loss is:  
    a. 5 pounds per week  
    **b. 1-2 pounds per week**  
    c. 3-5 pounds per week  
    d. I don’t know

Resources:

National Weight Control Registry. <http://www.nwcr.ws/Research/default.htm>

Aim for a Healthy Weight. National Heart, Lung, and Blood Institute. <http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm>