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>