

*Module 10, Lesson 3 Quiz:*

**Muscle vs Fat During Weight Loss**

1. True or false. Fat can be turned into muscle.
  - a. True
  - b. **False**
  
2. If your client wants to slim down and show off her definition, you will work with her to do two things:
  - a. Lift heavy weights to build muscle and restrict fat to lose the fat
  - b. **Lots of reps of lighter weights and smarter eating to lose the fat**
  - c. Exercise with a trainer every day and try intermittent fasting
  - d. Put her on a strength training plan and eliminate sodium in her diet
  
3. What is not true about losing weight when it comes to abdominal fat that's found in your belly?
  - a. It's easier to lose than the weight stored in the hips and thighs
  - b. **It's not possible for most of us, and cannot be maintained anyway**
  - c. It is easiest to lose and maintainable with lifestyle changes
  - d. It is completely determined by genetics
  
4. According to scientists, which is the best predictor of health outcomes in older adults?
  - a. BMI
  - b. Genetics
  - c. Diet
  - d. **Lean body mass**
  
5. People with a lot of muscle who are very metabolic tend to:
  - a. Have smaller appetites
  - b. Have better immune systems
  - c. Override their genetics
  - d. **Have larger appetites**