

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**