
Module 2, Lesson 9 Quiz:

The Basics of Obesity Counseling

1. You are working with a client who suffers from obesity. As you go through the pillars to help her meet her weight loss goal, the most important thing to keep in mind is:
 - a. Her support system
 - b. Her motivation**
 - c. Her environment
 - d. Her knowledge
2. When you're planning for your obese client and thinking about how you can do your most effective work, it is best to:
 - a. Start by attacking the weight loss and build on it from there
 - b. The exercise should come first if she hasn't been doing any
 - c. Look at what is easiest for her to adopt because small adjustments can lead to big results**
 - d. Discuss her expectations and make sure she has a roadmap for how long the work will take so she doesn't get frustrated
3. As you're working with your clients, you need to keep in mind that:
 - a. Your confidence that they can lose weight is a big predictor of their success**
 - b. Your confidence that they can lose weight is not important because their motivation is all that matters
 - c. Their confidence that they can lose weight is the only important thing
 - d. Their support system helping them lose weight is going to be the most important factor in their weight loss journey
4. Applauding milestones and giving positive feedback is:
 - a. Not important in the client's success
 - b. Not as useful as negative feedback
 - c. A great way to support your client's process**
 - d. A nice thing to do but not worthwhile in weight loss