

*Module 9, Lesson 2 Quiz:*  
**Weight Management**

1. Why are men often turned off by weight loss options offered?
  - a. Guys aren't as open about talking about dieting as women
  - b. They don't want to eat "feminine" foods, like salads
  - c. They may not have as many models to emulate
  - d. **All of the above**
  
2. True or false. It is important to treat your male weight loss clients as sensitively as female clients because they care as much about their appearance and health as women do.
  - a. **True**
  - b. False
  
3. When working with male clients who want to lose weight, you should do all of the following, except:
  - a. Start with what is easiest and go from there
  - b. **Set a concrete goal for weight loss expectations**
  - c. Offer support and accountability
  - d. Pay attention to questions the client asks to speak to his motivation