

Module 2, Lesson 5 Quiz:
Obesity & Weight Loss

1. Three things play a major role in obesity. Which one is NOT a major player?
 - a. Genetics
 - b. Behaviors
 - c. Environment
 - d. **Exercise history**

2. Obesity treatment is best approached through:
 - a. **Small behavior changes**
 - b. Small physical activity changes
 - c. Large genetic changes
 - d. Prescription medications

3. If you really want to help your obese clients lose weight, you should:
 - a. Show them the research of weight loss practices and choose one that will work for them
 - b. **Meet them where they're at by focusing on their motivation**
 - c. Use your knowledge and skills to motivate them with any trick in the book
 - d. Use fear. Share the risks associated with obesity to get them to change.

4. When you're working on weight loss, the emphasis should be placed on:
 - a. **Permanent lifelong adjustments to diet, lifestyle and environment**
 - b. Genetics and what you can do to overcome them
 - c. Losing the weight for now and letting some old treats back in when the weight comes off
 - d. Educating about diet foods and best practices for physical activities