

Module 9, Lesson 3 Quiz:

Belly Fat

1. Belly fat is not linked to:
 - a. Cardiovascular disease
 - b. Type 2 diabetes
 - c. Sleep apnea
 - d. **Constipation**

2. Aromatase converts to _____ and is stored in the fat cells, which suppresses testosterone in men.
 - a. **Estrogen**
 - b. Progesterone
 - c. Androgen
 - d. TSH

3. Belly fat comes in two forms. _____ fat is stored in the belly and _____ fat is stored around the organs.
 - a. Visceral, subcutaneous
 - b. **Subcutaneous, visceral**
 - c. Adipose, brown
 - d. Saturated, unsaturated