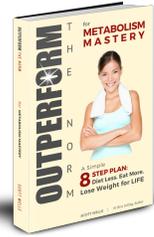
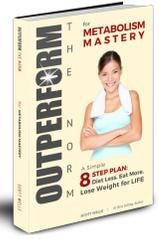


## FITNESS QUIZ ANSWERS



1. **T OR F** An increase in physical activity will automatically result in an increase in the amount of food eaten. *Just because you work out more DOES NOT mean you will eat more. In fact, you'll probably end up eating less because your body will be craving higher quality foods with better nutrient profiles.*
2. **T OR F** Exercise can be used to reduce fat from a specific area of the body (i.e., spot reduction). *People store body fat in different spots on their bodies and there is no research that you can effectively target one specific area for fat loss. Your body will shed body fat based on your own individual metabolism.*
3. **T OR F** Sauna, steam baths, or sweat suits are effective for losing weight. *Yes, they are...but you're losing weight through SWEAT, not the right kind of weight (body fat). Dehydration is not an optimal way to lose weight.*
4. **T OR F** Exercises emphasizing high repetitions burn more fat. *Higher repetitions target muscular endurance, not fat burning.*
5. **T OR F** The combination of cardiovascular exercise and resistance training is NOT optimal for weight loss and toning. *Combining cardiovascular exercise and resistance training is the best combination for improving weight loss and toning. Resistance training will strengthen your muscles, while cardiovascular exercise will strengthen your heart.*
6. **T OR F** One pound of muscle burns 30-50 calories per day while one pound of fat burns 3 calories per day. *Yes, and this is a great reason to add resistance training to your exercise program. From an overall metabolic standpoint, one of the best things you can do is to strengthen your muscles – you'll burn more calories...even at rest!*
7. **T OR F** Eating too many carbs will make me gain weight. *This is true but it should also be noted that eating too much of ANYTHING will make you gain weight...regardless of whether it's protein, fats or carbs.*
8. **T OR F** Training with weights will get me bigger and bulkier than I want to be. *Most people, especially as they age, are not capable of adding a lot of muscle bulk. Usually when people think they are "bulking up," it's because they are not following the proper diet to shed the fat on top of the muscle...thus creating a feeling of bulk.*



9. **T OR F** When beginning an exercise program, muscle mass increases may initially exceed fat loss, resulting in a very small temporary weight gain. *Yes, but after the muscle kick starts the metabolism and starts burning more calories, the weight will being to come back off.*
10. **T OR F** Eating three meals a day is the best way to lose weight because it usually results in less total calories eaten. *Eating 5-6 times per day is best. By eating more often, with smaller amounts, will usually result in less total calories eaten.*
11. **T OR F** Every year after the age of 25, the average American gains one pound of body weight, yet loses one third to one half pound of muscle. *This is why it's important to continue resistance training, and weight-bearing exercise, as we get older.*
12. **T OR F** If an exercise program has worked for you initially, using the same exercise program for an extended period of time will typically result in the best gains. *It's important to constantly be switching your exercise routine to keep the muscles guessing...and to avoid hitting a plateau in your exercise program.*
13. **T OR F** Scale weight can be used as a reliable indicator of fat loss. *Scale weight just measures weight loss – you have no way of knowing whether it's fat loss or a combination of fat loss and muscle loss. Fat loss can be best measured by skinfold calipers, underwater weighing or Bod Pod.*
14. **T OR F** Workouts lasting over an hour are much more effective than shorter workouts for general fitness goals. *Shorter, more intense workouts can be just as beneficial as longer workouts – if they're performed at the correct intensities. In a proper exercise program, some workouts would be longer and slower, and some workouts would be shorter and faster.*
15. Why do most people NOT achieve their fitness goals in an exercise program? *What do YOU think? If you can answer this question, you're probably on the right track to making sure you achieve your goals in your exercise program!*