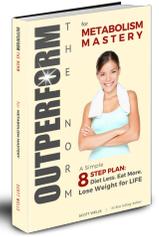


## FITNESS QUIZ

1. **T OR F** An increase in physical activity will automatically result in an increase in the amount of food eaten.
2. **T OR F** Exercise can be used to reduce fat from a specific area of the body.
3. **T OR F** Sauna, steam baths, or sweat suits are effective for losing weight.
4. **T OR F** Exercises emphasizing high repetitions burn more fat.
5. **T OR F** The combination of cardiovascular exercise and resistance training is NOT optimal for weight loss and toning.
6. **T OR F** One pound of muscle burns 30-50 calories per day while one pound of fat burns 3 calories per day.
7. **T OR F** Eating too many carbs will make me gain weight.
8. **T OR F** Training with weights will get me bigger and bulkier than I want to be.
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.
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.
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.
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.
13. **T OR F** Scale weight can be used as a reliable indicator of fat loss.



- 14. T OR F** Workouts lasting over an hour are much more effective than shorter workouts for general fitness goals.
- 15.** Why do most people NOT achieve their fitness goals in an exercise program?