

**Proven Strategies for Weight Loss, Maintenance of Weight Loss,
& Prevention of Weight Gain
CEU Quiz (NASM 0.1 CEU)**

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Source: Article Link - [“Proven Strategies for Weight...”](#)

1. The majority of people gain most of their weight back within:
- a. The first 3 months
 - b. The first 6 months
 - c. The first 9 months
 - d. The first year

2. The three strategies that have consistently proven to be effective in losing weight and maintaining the loss are?
- a. Frequent self weighing, incorporating a low glycemic diet, & incorporating protein shakes
 - b. Frequent self weighing, the use of pharmacological agents, & incorporating meal replacements
 - c. Infrequent self weighing, the use of pharmacological agents, & incorporating meal replacements
 - d. Frequent self weighing, the use of a body sensing device, & incorporating meal replacements

3. In the study results cited, the group that reduced BMI to the greatest degree were those that:
- a. Weighed themselves monthly
 - b. Weighed themselves every other month
 - c. Weighed themselves daily
 - d. Weighed themselves weekly

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4. It is completely against today's norm to advocate frequent self weighing.
- a. True
 - b. False

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5. The goal of incorporating a dietary supplement or drug into a weight loss program is to:
- a. Assist the participant with program compliance
 - b. Insure program compliance
 - c. Prevent the participant from over-eating
 - d. Insure a high calorie burn

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6. The problem with drug therapy is that prescription weight loss drugs should not be used for extended periods of time because:
- a. They are too expensive for most individuals
 - b. Users can become physically dependent
 - c. Users can become psychologically dependent
 - d. They bring along known side effects

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7. Almost all studies have demonstrated meal replacements to be more effective than conventional methods of dietary restrictions.
- a. True
 - b. False

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8. Meal replacements allow:
- a. Portion control and increased protein intake
 - b. Portion control and reduced carbohydrate intake
 - c. Portion control and accurate calorie count
 - d. All of the above

Please note: 7 of 8 questions must be answered correctly for CEU award (80%)

See below for submission information



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