

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

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

dotFIT Certification # _____ Club: _____

E-mail: _____

(Please Print Clearly)

Source: www.dotfit.com → learn → weight loss → Articles → [“Proven Strategies for Weight...”](#)

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

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

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

4. It is completely against today's norm to advocate frequent self weighing.
- True
 - False
5. The goal of incorporating a dietary supplement or drug into a weight loss program is to:
- Assist the participant with program compliance
 - Insure program compliance
 - Prevent the participant from over-eating
 - Insure a high calorie burn
6. The problem with drug therapy is that prescription weight loss drugs should not be used for extended periods of time because:
- They are too expensive for most individuals
 - Users can become physically dependent
 - Users can become psychologically dependent
 - They bring along known side effects
7. Almost all studies have demonstrated meal replacements to be more effective than conventional methods of dietary restrictions.
- True
 - False
8. Meal replacements allow:
- Portion control and accurate calorie count
 - Portion control and reduced carbohydrate intake
 - Portion control and increased protein intake
 - All of the above

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

See below for submission information

Send your completed quiz:

By mail

dotFIT, LLC
c/o Education Dept.
250 N. Westlake Blvd.
Suite 220
Westlake Village, CA 91362

By Fax

805-273-9001

By Email (scanned)

edu@dotfit.com