

# IIN Practice Test Questions and Answers

## 1. What is motivational interviewing?

- A) Giving strict instructions
- B) Providing nutrition facts only
- C) Facilitating client-led behavior change
- D) Correcting all beliefs

## 2. How does lifestyle affect health outcomes?

- A) Has no measurable effect
- B) Only matters for athletes
- C) Strongly influences long-term health
- D) Only affects appearance

## 3. Which fat type is considered heart-healthy?

- A) Trans fats
- B) Saturated fats
- C) Unsaturated fats
- D) Synthetic fats

## 4. What is bio-individuality in holistic health?

- A) Same diet for everyone
- B) Fixed workout plans
- C) Personalized wellness approach
- D) Standard meal plans

**Answers: 1-C 2-C 3-C 4-C**

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