

NEAT Practice Test Questions and Answers

1. What is VO₂ max used to measure?

- A) Lactate threshold
- B) Maximal oxygen uptake
- C) Maximal heart rate
- D) Caloric expenditure

2. Which food is highest in saturated fat?

- A) Avocado
- B) Olive oil
- C) Butter
- D) Almonds

3. How is resting heart rate typically measured?

- A) After a workout
- B) During sleep
- C) In the morning upon waking
- D) Before bedtime

4. Which lifestyle habit is linked to weight gain?

- A) Getting 7-9 hours of sleep
- B) Drinking plenty of water
- C) Chronic sleep deprivation
- D) Regular physical activity

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

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