

Weight Loss Program Practice Test Questions and Answers

1. What is the fundamental principle of healthy weight loss?

- A) Extreme calorie restriction
- B) Creating a moderate calorie deficit through diet and exercise
- C) Eliminating entire food groups
- D) Taking only supplements

2. What is considered a safe and sustainable rate of weight loss per week?

- A) 5-10 pounds
- B) 1-2 pounds
- C) 0.5 pounds
- D) 15+ pounds

3. Which component is essential for long-term weight management success?

- A) Quick fixes only
- B) Sustainable lifestyle changes and behavioral modification
- C) Avoiding all social activities
- D) Extreme workout routines

4. What role does strength training play in weight loss programs?

- A) It should be avoided
- B) Helps preserve muscle mass and boost metabolism
- C) Only for advanced athletes
- D) Causes weight gain only

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

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