

Weight-Management 101 Fitness Quiz



Weight Management 101 will teach you:

- The Truth About Weight-Loss
- Why Conventional Diets Don't Work
- How YOUR Body Really Works
- The Concept of Individuality
- How to Tone Muscle While Losing Fat
- How to Gain Permanent Control
- How to Super-Charge Your Energy Level

For more information

Ask Us!

What Do You Know About Your Body?

The most accurate form of measurement for health and weight-management is:

- Pounds on the scale
- Body Mass Index (BMI)
- Body Composition (lean mass vs. body-fat)

The word "calorie" relates to:

- Combustion (to produce energy)
- Fat on your body
- Carbohydrate

Basal Metabolic Rate (BMR) is the:

- Minimum amount of calories required for vital bodily functions during a relaxed, reclined and waking state
- Amount of calories required to heat a one (1) cup of water one (1) degree Celsius in one (1) minute
- Amount of energy used during an intense workout

The most healthy way to decrease body-fat is:

- Drop your caloric intake below 800 calories per day
- Through a slight negative energy balance where the caloric expenditure slightly exceeds the caloric intake
- Liposuction

The body's first choice for fuel is:

- Stored fat
- Stored glycogen
- Stored protein

Lose All the *Fat* You Want... *Forever!*