



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

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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Source: [www.dotfit.com](http://www.dotfit.com) → Fitness → Weight Loss → Articles → “Proven Strategies for Weight...” Article Link: <http://www.dotfit.com/content-1508.html>

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

2. The three strategies that have consistently proven to be effective in losing weight and maintaining the loss are?
- a. Frequent self weighing, incorporating a low glycemic diet, & incorporating protein shakes
  - b. Frequent self weighing, the use of pharmacological agents, & incorporating meal replacements
  - c. Infrequent self weighing, the use of pharmacological agents, & incorporating meal replacements
  - d. 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:
- a. Weighed themselves monthly
  - b. Weighed themselves every other month
  - c. Weighed themselves daily
  - d. Weighed themselves weekly

4. It is completely against today's norm to advocate frequent self weighing.
- a. True
  - b. False
5. The goal of incorporating a dietary supplement or drug into a weight loss program is to:
- a. Assist the participant with program compliance
  - b. Insure program compliance
  - c. Prevent the participant from over-eating
  - d. 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:
- a. They are too expensive for most individuals
  - b. Users can become physically dependent
  - c. Users can become psychologically dependent
  - d. They bring along known side effects
7. Almost all studies have demonstrated meal replacements to be more effective than conventional methods of dietary restrictions.
- a. True
  - b. False
8. Meal replacements allow:
- a. Portion control and increased protein intake
  - b. Portion control and reduced carbohydrate intake
  - c. Portion control and accurate calorie count
  - d. 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:**

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