

# Fit Quiz

**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:**

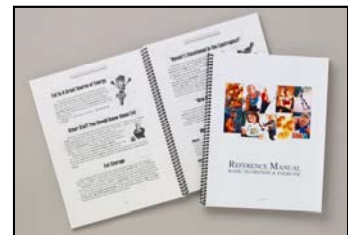
- Minimum amount of calories required for vital bodily functions during a relaxed, reclined and waking state
- Amount of calories required to heat a one (1) cup of water one (1) degree Celsius in one (1) minute
- Amount of energy used during an intense workout

**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



**Get all the answers. Ask your fitness professional about the Reference Manual.**

# Ask a Fit Pro!