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| **STEPS TO WELLNESS**  Review Questions  Lesson Seven – Handling the Overweight Problem | | | |
| T | F | (True or False) | |
|  |  | 1. | Being overweight is a problem only if you are over 65 years old. |
|  |  | 2. | Parents’ eating habits have no mire to do with overweight children than genetics. |
|  |  | 3. | Intake of simple-sugar calories usually does not affect the body weight. |
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| Multiple Choice Questions  *Indicate your answers by checking the letter you think is most correct* | | | |
| 4. | Something that leads to obesity is: | | |
|  | A. | Inactivity. | |
|  | B. | Television viewing or being sedentary. | |
|  | C. | Empty calories from fat and refined foods. | |
|  | D. | All of the above. | |
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| 5. | The first two steps to keep in mind for losing weight are: | | |
|  | A. | Slow and steady weight loss, and a high protein diet. | |
|  | B. | The faster it comes off the better, and daily exercise. | |
|  | C. | Admitting there is a weight problem, and slow steady weight loss. | |
|  | D. | None of the above | |
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