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| **STEPS TO WELLNESS**Review QuestionsLesson 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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