

Fit to Read Quiz and Answers – Excuse proof your diet

1. During vacation indulge in moderation; the author encourages you to skip foods you can get anywhere and what? \_\_\_\_\_
2. A drop in the brain chemical called serotonin could cause cravings for which foods specifically?  
\_\_\_\_\_
3. Male and female same age, height and weight; male burns 2,600 calories a day; female 2,200 why is female gaining more?  
\_\_\_\_\_  
\_\_\_\_\_
4. At the movies steps like packing a lighter version of your snack to have at the movies is a way to what? \_\_\_\_\_
5. Calorie free stress busters is a way to take charge of stressful eating habits. The writer recommends performing an activity for how long to distract your craving? \_\_\_\_\_
6. About how long does sugar help you feel better before you need it again? \_\_\_\_\_
7. Researchers from the University of North Carolina showed people in the U.S. ate an average \_\_\_\_\_ calories more per day on the weekend.
8. Skimping on meals early in the day can backfire and boost what?  
\_\_\_\_\_
9. What is a great 'at work' option to rejuvenate during mid-afternoon  
\_\_\_\_\_
10. Please provide a brief statement and tell us your experience with the article

Fit to Read is on a mission to educate, inspire, enlighten and change thoughts to healthier ones.

Read on!