

# What is Your Fitness IQ?

## Answers

1. To get the fat off my abs, I should do crunches. **Y N** – you can't spot reduce! The muscle doesn't own the fat around it.
2. The best way to speed up my metabolism is by doing cardio. **Y N** – it only speeds it up for 6 hours afterward – weight training speeds it up 24 hours a day, because muscle burns fat - the more muscle, the greater the fat-burning, even when you sleep!
3. I'll get big if I eat too much of protein. **Y N** - you'll get big if you *eat too much* food, period, and if you eat *too little protein!*
4. How much protein does the average person *eat* in a day?  
20 grams      **40 grams**      80 grams      100 grams (ppl in coma require 40 grams just to keep their organs functioning well!)
5. How much protein does the average person *need* in a day?  
20 grams      40 grams      **80 grams**      100 grams (this increases the more you train)
6. To lose weight, I should: 1) lift high reps, lighter weights, 2) **lift heavy weights and lower reps**. Gotta build muscle, remember? Put more fat-burning furnaces on your body!
7. If you stop training, your muscle will turn into fat. **Y N** - muscle is muscle and fat is fat, they can't become each other any more than an orange can become an apple.
8. Women and men should train differently, and do different exercises. **Y N** – female muscle will always take on its own feminine look when it's built on the body – our muscle insertions, ability to grow etc. Is determined by our genetics.
9. To burn fat, how much cardio is best?  
**Longer cardio is best to get into the fat burning zone.** – you burn more overall calories, but it comes from both fat *and muscle*. And remember, our metabolism is in our muscles, so we don't want to lower either!  
**Short with high intensity is best.** – you burn fewer calories but more calories are burned from fat, and muscle is spared.
10. Which is the most effective for losing fat – cardio (**least**), nutrition (**best**) or weight training? Which is the least effective? 90% nutrition! And wt allows you to burn every second of every day, because of the added muscle. Even 5 lbs added in a year allows you to burn 270 calories even at rest!

**Your mark -      / 10**

**10 / 10 – congratulations! You're obviously walking the walk!**

**8 / 10 – not bad, you know your stuff!**

**6 / 10 – there's still hope, but your knowledge is outdated. Let's get you up to speed!**

**Below 4 – if you don't update yourself, you'll never get to where you want to be!**