



Test Questions and Evaluation

Instructions: In order to receive your CEU certificate via email, you must answer four of the five test questions correctly and complete the evaluation below. After completing this form email a copy to info@savorpodcast.com and pay the \$10 CEU fee at savorpodcast.com. If you have any questions about receiving your CEU please email us!

Episode: Can You Be Healthy At Any Size

Date: 09/29/14

Instructors: Danielle Beck-Ellsworth, PsyD, MFT, Kelly Hinds, RD, and Linda Bacon, PhD

Name: _____

License Number: _____

Mailing Address: _____

Phone Number: _____

Email: _____

Test Questions: You must have a minimum of four correct in order to receive one CEU for listening to the episode.

Circle True or False to indicate your answer.

1. True or False: Respect, critical awareness and compassionate self-care are the main components of Health at Every Size.
2. True or False: Research shows that the most effective way to achieve long term weight loss is through exercising.
3. True or False: A low fat, high fiber diet is the best meal pattern for clients practicing Health at Every Size.
4. True or False: Clients remain engaged in Health at Every Size when they can identify what they hope to achieve by losing weight.
5. True or False: Critics of HAES have reviewed research proving that overweight people have higher mortality rates than thin people.

Evaluation: Please rate the presenters and episode using the following scale

1-Poor 2-Fair 3-Good 4-Excellent

The presenters demonstrated expertise in the topic.	1	2	3	4
The episode met the advertised objectives.	1	2	3	4
The information provided will be useful in my practice.	1	2	3	4
The content was interesting & added to my knowledge.	1	2	3	4
The resources on the Savor website were useful.	1	2	3	4

I would listen to another episode with these presenters again. Circle one of the following:
Yes Maybe No

I would listen to another CEU Savor Episode in the future. Circle one of the following:
Yes Maybe No

Topics I would like to learn more about include: _____

Objectives:

- 1. To introduce listeners to the components of the Health at Every Size movement.**
- 2. To review the research on dieting, exercise and weight loss.**
- 3. To identify the best meal plan for clients practicing Health at Every Size.**
- 4. To explore how to guide clients on the Health at Every Size path when their main goal is weight loss.**
- 5. To explore the criticisms of/arguments against Health at Every Size.**