**Quiz**

1. True or False: A plateau is a signal to give up.

Answer: False. A plateau is temporary. Don’t give up! Look to the examples in today’s article to jump start the next phase of your weight goal.

1. If you’ve hit a plateau, which of the following options should you NOT do?
   1. Keep doing the same thing you have been doing
   2. Check your eating habits
   3. Get more active
   4. Add strength training

Answer: A. Keep doing the same thing you have been doing. A plateau, either with weight loss or weight gain, is a signal to change things up. Checking your eating habits is a great place to start. Be more active or change the type of activity you're doing. Even add some strength training. Whatever you do, don't give up!

1. True or False: When you lose weight, you lose a little bit of lean body mass, which can lower your metabolism.

Answer: True. Losing weight can also mean losing a little bit of lean body mass, also known as muscle. This decrease can also cause your metabolism to become lower.