

# Webinar Quiz

**March 2016**

**Ditch the Diet** <https://attendee.gotowebinar.com/register/4069339086729871364>

Learn how to help your clients "Ditch the Diet" and create a lifestyle with room to enjoy a variety of foods while maintaining a healthy weight. In this webinar we will look at ways to engage our clientele in a dialog to help them realize that food choices make a huge difference in our weight and well-being.

Presenter: Abby Eastman is has been a WITS faculty member since 2007. She holds a BS and Ms Ed in Exercises Science and has taught exercise science classes at the university and community college level. Currently she serves as online faculty for WITS and is actively personal training.

**CEC Quiz:** <https://www.surveymonkey.com/r/8DLDJ3Q>