

Sample Interview Questions

For Anu Morgan

Author of *Get Real About Weight Loss*

GetRealAboutWeightLoss.com

1. So Anu, what are the 3 keys to weight loss? (**Answer Takes 20 seconds**)
2. What is the one thing that you must have right to successfully lose weight? (**20 seconds**)
3. Is it really possible for a mother in her thirties to regain her pre-pregnancy body? (**30 seconds**)
4. How can someone who has a medical condition like diabetes still manage to maintain a healthy weight? (**75 seconds**)
5. What is the Get Real “3 Bite Rule”? (**45 seconds**)
6. If someone is trying to lose weight, how often should they eat? (**45 seconds**)
7. Give us an example of how you can eat out at a restaurant and not “bust your diet.” (**75 seconds**)
8. Is exercise really necessary, can’t we lose weight without it? (**60 seconds**)
9. What kind of exercise do you suggest for someone who is trying to lose weight? (**60 seconds**)
10. How hard do I need to do my cardio, is walking good enough? (**45 seconds**)
11. How does lifting weights and gaining muscle help you to lose weight, isn’t that just for bodybuilders? (**75 seconds**)
12. What are processed foods and how can they affect your weight loss efforts? (**90 seconds**)
13. What about low-carb diets, isn’t the key to losing weight just to eliminate carbs? (**60 seconds**)
14. What are some foods that are supposed to be healthy, but can actually cause me to gain weight? (**45 seconds**)
15. What about smoothies, those are healthy choices, right? (**45 seconds**)

**To schedule an interview contact Anu at:
(713) 703-3423 (Media Only)**