Knowledge Check

Question 1

What role do GLP-1 medications play in weight loss?

Choose one answer and explain why.

- [ ] Increase hunger
- [ ] Reduce hunger and slow digestion
- [ ] Boost muscle growth
- [ ] Replace exercise

Explain your answer below:

Question 1

How do GLP-1 medications affect insulin?

Choose one answer and explain why.

- [ ] Stop insulin production
- [ ] Increase blood sugar
- [ ] Signal fullness and stimulate insulin release
- [ ] Only reduce cravings

Explain your answer below: