

compulsive exercising

what is compulsive exercise?

- Exercise that essentially meddles with significant exercises, happens at unseemly occasions or in wrong settings, or when the individual keeps on practicing regardless of injury or other unexpected problems
- Intense anxiety, depression and/or distress if unable to exercise
- Discomfort with rest or inactivity
- Exercise used to manage emotions
- Exercise as a means of purging
- Exercise as permission to eat
- Exercise that is secretive or hidden
- Feeling as though you are not good enough, fast enough or not pushing hard enough during a period of exercise

warning signs

- Overtraining.
- Exercise takes place at inappropriate times and places
- Exercise takes place despite injury or fatigue
- Depression, anxiety and/or irritability
- Feeling guilty if not exercising or if a workout is missed
- Withdrawal from friends and family

health consequences

- Bone density loss
- Loss of menstrual cycle (in women)
- Female Athlete Triad (in women)
- Relative Energy Deficiency in Sport (RED-S)
- Persistent muscle soreness
- Chronic bone & joint pain
- Increased incidence of injury (overuse injuries, stress fractures, etc.)
- Persistent fatigue and sluggishness
- Altered resting heart rate
- Increased frequency of illness & upper respiratory infections

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List some ways you engage in compulsive exercising:

How does compulsive exercise get in the way of your life?

How does compulsive exercise benefit you?

Is this a behavior you wish to stop? If so, write about what you need to do to stop.
Example, get an accountability partner, think of other activities to do, come up with a healthy exercise plan, etc.