

# Compulsive Exercise



Compulsive Exercise can be considered an unhealthy form of weight control

## 0.3% of Total Us Population

It is estimated that up to .3% of the total US population suffers from some form of compulsive exercise.



## Up to 40%

of people who are suffering from an eating disorder also suffer from compulsive exercise

## Signs of Compulsive Exercise

- + Exercising beyond what would be a requirement for good health
- + Skipping important activities to exercise
- + Exercising despite injuries or medical complications
- + Exercising as permission to eat
- + Exercising to manage emotions



## Health Consequences of Compulsive Exercise

