Compulsive Exercise and Eating Disorders

Healthy eating and exercising are important for physical and mental health... but, are you taking it too far?

Signs of compulsive exercise

Do you...

- Exercise several times a day, or several hours at a time?
- Miss time from work, school and relationships to exercise?
- Define your self-worth in terms of performance?
- Focus on challenge and do not savor victory?
- Feel anxious or depressed when you miss an exercise session?
- Exercise to the point of exhaustion?
- Exercise when injured or sick?
- Exercise solely to burn calories, not to get/stay fit or healthy?

Signs of an eating disorder

Do you...

- Excessively focus on calories and fat?
- Feel guilty after eating or not exercising?
- Often compare yourself to others about the amount you eat and/or your body shape?
- Have secret food binges and feel unable to stop?
- Compensate for eating by exercising excessively, vomiting, or by frequently using diet pills, laxatives or diuretics?
- Feel dizzy, faint or cold?
- Experience weight loss with loss of periods?
- Have frequent headaches, a sore throat, or gastrointestinal problems?
- Have difficulty concentrating and focusing on your school work?
- Avoid social situations that involve eating?

If you see yourself in the above statements, know that you are not alone.

There are a number of resources available to help you. Please consider seeking professional attention from the resources listed on back.

Addressing body image and eating concerns in the early stages generally offers the best chance of working through these problems and becoming healthy again. Most people do recover and return to a healthy outlook about food and exercise.

See reverse side for more information
For help with eating disorder or body image concerns

University Health Services
Medical, nutrition, counseling and exercise physiology
*No fee for students
www.uhs.wisc.edu
Call 608-265-5600 or walk-in to UHS Counseling and Consultation services anytime between 9am and 4pm, Monday through Friday (333 East Campus Mall, 7th floor).

For assistance navigating campus dining rooms and/or nutrition information

Onsite Dining & Culinary Services dietitian
www.housing.wisc.edu/dining/nutrition
dining@housing.wisc.edu
*No fee for students

For information about Rec Sports services

Personal Training/Health Coaching services
www.recsports.wisc.edu/personaltraining.html
*Available to students for a fee

For additional wellness information and resources

UWell
www.uwell.wisc.edu