

TO MOVE OR NOT TO MOVE IN EATING DISORDER RECOVERY

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Devoted  Recovery

DISCLOSURES

No disclosures



AGENDA

I. Eating Disorders and Exercise Foundations

II. Exercise-Eating Disorder Connection

III. What Do We Do?

IV. Joyful Movement

V. Case Study

EATING DISORDER & EXERCISE FOUNDATIONS

EATING DISORDERS DON'T HAVE A LOOK!

An eating disorder is a very real physical and mental illness that impacts people across all ages, body sizes, races, socioeconomic statuses, genders, sexual orientations, etc.

While there are other eating disorders, today we will be focusing on:

- Anorexia Nervosa
- Bulimia Nervosa
- Other Specified Feeding/Eating Disorder



PHYSICAL ACTIVITY IS BENEFICIAL...



in balance, variety, and moderation
and when properly nourished!

Types of Physical Activity:

- Cardiovascular Activity
- Muscle-building Activity
- Stretching & Mobility



EXERCISE-EATING DISORDER CONNECTION

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22-80%

Eating disorder patients
reporting dysfunctional
exercise behaviors

WHAT IS DYSFUNCTIONAL EXERCISE?

Compulsive

Excessive

Compensatory

SO WHAT DO WE DO?



**WE INTEGRATE MOVEMENT INTO
THE TREATMENT PLAN!**

INTEGRATING MOVEMENT INTO TREATMENT

MEDICAL CLEARANCE

Monitor

- Labs
- Physical symptoms
- Weight
- Nutritional Intake

CLINICAL CLEARANCE

Meeting nutrition goals
Meeting therapy goals
Reduced eating disorder
behavior



PROGRESSIVE MOVEMENT PRIVILEGES

Changes will happen to:

- Frequency
- Intensity
- Type
- Time



THOUGHT EXPLORATION FOR EXERCISE

Why do I actually exercise?

How do I feel before, during, after I do this specific exercise?

What relationship do I see between my nutrition and my exercise patterns?

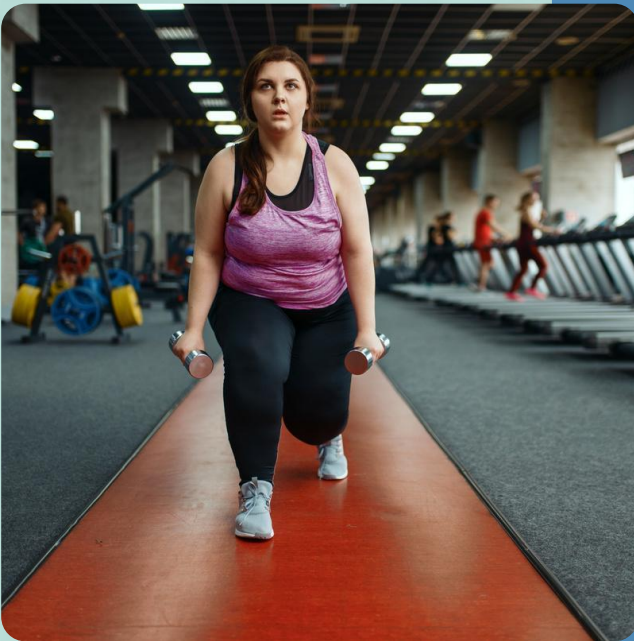
When was a time that movement was enjoyable to me?

Do I prefer exercising on my own or with other people?

If I knew my body wouldn't change, would I still want to do this type of movement?



NUTRITION EDUCATION FOR EXERCISE



Exercise Energy Needs + General Metabolism
Exercise Fluid Needs
Identifying disordered thoughts about exercise
Introducing “joyful” movement
Benefits of rest days
Biological responses during and after exercise
Sports Nutrition topics (as needed)

JOYFUL MOVEMENT

JOYFUL MOVEMENT ..



is movement that is accessible for people of all sizes & abilities

takes into account a person's personal movement interests

can enhance a person's health, independent of weight changes

is coupled with adequate nutrition



CASE STUDY

MEET C



Gender: Born female, identifies female

Collegiate swimmer

Level of Care: PHP

Physical Findings:

- Low electrolytes
- High amylase
- High Heart Rate
- Blood pressure changes when changing positions

Nutritional Findings:

- Restricting earlier in the day
- Bingeing at night, purging after bingeing
- Binge-purge behaviors: 2x per day
- Exercises extra outside of practice to keep from gaining too much weight

TREATMENT PROGRESSION

**Safety First:
Medical
Clearance**

**Clinical
Clearance &
Exploration**

Return to Sport

Resources

Dalle Grave R, Calugi S, Marchesini G. Compulsive exercise to control shape or weight in eating disorders: prevalence, associated features, and treatment outcome. *Compr Psychiatry*. 2008;49:346–52

Hausenblas HA, Cook BJ, Chittester NI. Can exercise treat eating disorders? *Exerc Sport Sci Rev*. 2008;36:43–7. <https://doi.org/10.1097/jes.0b013e31815e4040>.

Quesnel, D.A., Cooper, M., Fernandez-del-Valle, M. et al. Medical and physiological complications of exercise for individuals with an eating disorder: A narrative review. *J Eat Disord* 11, 3 (2023). <https://doi.org/10.1186/s40337-022-00685-9>

Cook BJ, Wonderlich SA, Mitchell JE, Thompson R, Sherman R, McCallum K. Exercise in Eating Disorders Treatment: Systematic Review and Proposal of Guidelines. *Med Sci Sports Exerc*. 2016 Jul;48(7):1408-14. doi: 10.1249/MSS.0000000000000912. PMID: 26909533; PMCID: PMC4911228.

Safe Exercise at Every Stage. Safe Exercise at Every Stage Guideline. <https://www.safeexerciseateverystage.com/sees-guidelines>

Association of Size Diversity and Health. Health at Every Size Principles. <https://asdah.org/health-at-every-size-haes-approach/>

WE WANT TO SAY

THANK YOU

FOR YOUR ATTENTION

QUESTIONS?