

# TOO MUCH OF A GOOD THING?

When does exercise become too much of a good thing? Routine physical activity is healthy, but compulsively exercising, especially when one is tired, sick, or injured, may signal a problem with overexercise. Overexercise is a form of purging. If you are concerned about your own exercise, or a friend's, ask the following questions:

- Do you force yourself to exercise, even if you don't feel well?
- Do you prefer to exercise rather than being with friends?
- Do you become very upset if you miss a workout?
- Do you exercise when you are hurt?
- Do you base the amount you exercise on how much you eat?
- Do you make exercise the most important part of your day?
- Do you worry that you'll gain weight if you skip exercising for a day?
- Do you obsess or have anxiety if you have a day without exercise?



**ANAD**

National Association of Anorexia Nervosa and Associated Disorders

*If the answer to any of these questions is yes, you or your friend may have a problem. For help or information, call (630) 577-1330.*

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