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Feel the Burn

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“Feeling the Burn”

Eating and movement is engrained into every part of our human life. However, both these lifestyle behaviours can become tainted, leading to eating disorders and dysfunctional exercise. In eating disorder treatment, rehabilitating one’s relationship with food is commonplace. Yet treatment leaves no room for the rehabilitation of dysfunctional exercise. Dysfunctional exercise is when exercise has gone from enjoyable to torturous, making the eating disorder worse, harder to treat and leading to a greater likelihood of relapse. Clinicians worry immensely about dysfunctional exercise but feel that they lack the tools to address it in treatment. Thus, the Safe Exercise at Every Stage (SEES) guideline was created to facilitate the management of dysfunctional exercise in treatment and build clinical confidence. As a SEES author, my research focuses on implementing the guideline into clinical practise and evaluating if it can help clinicians feel more confident in addressing dysfunctional exercise in eating disorders.