
**Main Topics to Cover when Educating Patients about Excessive Exercising**

*Excessive exercising*
- It may be used as a compensatory behavior after loss of control over eating and/or as routine form of weight control.
- It is dangerous to health if you are underweight, and/or have osteoporosis or electrolyte disturbances.
- It requires secrecy and subterfuge and produces feelings of guilt.
- It is relatively ineffective as a means of controlling weight.
- It takes up a lot of time and impairs interpersonal relationships.
- It takes precedence over other activities.