

**TABLE 9.6.** From Dalle Grave R & Calugi S, *Cognitive Behavior Therapy for Adolescents with Eating Disorders*, Guilford Press, New York, 2020.

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

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*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.
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