

Exercising is a healthy habit of course, but when does it become *too much*?

Although it may be difficult for some to fathom, exercise can become addictive. Not to say this is necessarily a bad thing, but in large enough doses, like any addiction, exercise can consume a person and take precedence over everything that *used to be important*.



Fitness is great, but not when it tears apart your relationships and takes over your life.



Where do you draw the line

between fitness and ***OBSESSION?***



When is enough ***ENOUGH?***

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www.udayton.edu/~wellness

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Have you cut significant things and people from your life just to find *more* time to exercise?

Is every 'fat day' a *bad* day?

Do you place all your stock in your appearance and health?

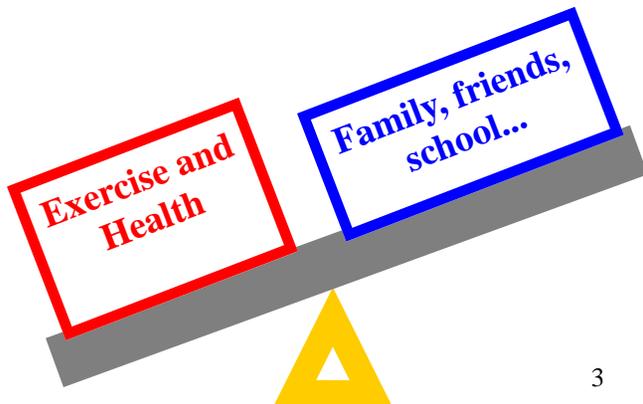
Do you eat so many vegetables and low-calorie foods your stomach constantly hurts?

Do you always eat *alone*??

Do you plan your entire schedule around your workout?

Do you avoid social situations just because they might involve food?

Does your life look something like this?



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Healthy living means more than just fitness...

Every aspect of life requires **balance**

A well-rounded person's life may look something like ...



“When your happiness is based on external circumstances —which you can never completely control— your happiness is left to chance.”

It is sometimes difficult to know just when to stop, but here are some good measures:

- a BMI below 18.5 can be detrimental to your health (BMI= wt (kg) / ht (m)²)
- You beat yourself up all day for not finishing a workout
- You feel the need to exercise just 'a little more' every day
- You are losing weight at a rate faster than 1-2 lbs per week
- You have completely cut certain foods from your diet
- Health, fitness, and weight-loss consume your every thought
- Exercising takes precedence over all other aspects of life

Next time you feel the urge to call it quits after *just* one hour of the highest level on the stair machine, please **JUST STOP!** ...and don't hate yourself for it later

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