Foundations of Personal Fitness

Chapter 6, Section 2

**What You Will Do**

* Identify the symptoms and risks of .
* Explain how to a friend who may have an eating disorder.
* Explain how contributes to eating disorders.

**Terms to Know**

* body image
* eating disorders
* anorexia nervosa
* bulimia nervosa
* exercise bulimia
* binge eating disorder
* bigorexia

**Body Image and Weight Control**

If you see yourself as too fat or too thin, you may have a distorted

.

A distorted body image can lead to serious health risks.

**Eating Disorders**

Sometimes a person’s concerns about weight can become an and develop into eating disorders.

People with have a fear of becoming fat or gaining weight.

Anorexia nervosa can result in malnutrition, reduced bone density, serious heart problems, and in extreme cases can lead to

**Anorexia Nervosa Indicators**

* Sudden, massive weight loss.
* Lying about having eaten.
* Denying feeling hungry.
* Consuming minimal amounts of food in front of others.
* Preoccupation with food, calories, and weight.
* Signs of exercise addiction.
* Withdrawing from social activities.
* Belief that he or she is overweight.

is also called bingeing and purging.

The most common method for purging is self-induced .

A person who hasworks out excessively in order to burn calories and lose weight.

Bulimics often have body composition, so they can be difficult to identify.

**Bulimia Indicators**

* Malnutrition.
* Excessive concerns about weight.
* Eating large amounts of food without weight gain.
* Use of laxatives and diuretics.
* Visiting the bathroom immediately after meals. This is often a sign that the person is planning to induce vomiting.
* Practicing strict weight-loss programs followed by eating binges.
* Excessive exercise.

People witheat excessively butdo not purge the food like bulimics.

Binge eaters have a poor body image, and feelings of guilt, depression, lack of control, and frustration.

Although it is not an eating disorder in the strict sense, is a serious health condition nevertheless.

Bigorexia is closely associated with exercise

**Bigorexia Indicators**

* Lifting excessive amounts of weight, even when not in sports training.
* Using performance-enhancing supplements.
* Checking their appearance in the mirror frequently.
* Feeling ashamed to show their bodies in public, even when fully clothed.

An individual’s desire to stay thin may result in overtraining, which has serious health risks, including:

 1.

 2.

 3.

 4.

 People with eating disorders need help.

If you believe a friend has an eating disorder, discuss the problem with a trusted

 , such as a parent, a counselor, or a teacher.