

Exercise and Eating Disorders: Helping Clients Return to Healthy Engagement with Exercise

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Credit: One (1) Continuing Education Credit Awarded

Posttest (For reference only. You must take and pass the test online for CE credit.)

1. Exercise Addiction is:
 - a. Not addressed in the DSM-5
 - b. A sub-category of eating disorders in the DSM-5
 - c. A primary diagnosis in the DSM-5
 - d. Not an identified issue in the DSM-5
2. Exercise Addiction is also known as:
 - a. Anorexia Athletica
 - b. Exercise Bulimia
 - c. Obligatory Adherence
 - d. Both A and B
3. Excessive exercise is:
 - a. Not really a proven issue
 - b. A positive therapeutic approach for negative rumination
 - c. Often connected to all mental health issues
 - d. Often a significant marker of eating disorders
4. Exercise withdrawal may present with the following symptoms
 - a. Sleep disturbances
 - b. Euphoria
 - c. Hyper activity
 - d. Increased hunger
5. Primary Exercise Addiction refers to individuals who
 - a. Exercise to maintain weight
 - b. Exercise to reach an ideal body shape
 - c. Have Narcissistic personality traits
 - d. Exercise to mediate psychological distress
6. The top 3 activities engaged with Eating Disorders are:
 - a. Hiking, swimming, skating
 - b. Biking, hiking, weight lifting
 - c. Running, cycling, swimming
 - d. Cycling, walking, swimming

7. Exercise Addiction is most appropriately identified as:
 - a. A habit in a linear progression
 - b. A bell curve of engagement
 - c. A “scatter” pattern, rather than a “linear spectrum” of addiction engagement
 - d. A defined pattern of behavior
8. Mindful activity includes:
 - a. Variety of people
 - b. Constant movement
 - c. Specific patterns and styles
 - d. Variety of activity
9. Exercise addiction may lead to:
 - a. Physical changes in the hippocampus
 - b. Physical changes in the skin
 - c. Emotional regulation
 - d. Mental Acuity
10. The main goal of movement groups in recovery is:
 - a. To get back in shape and lose weight
 - b. Reconnect mental and physical aspects
 - c. To work out appropriately
 - d. To improve mood and appetite