



ALSANA

An Eating Recovery Community



Movement In Recovery

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- Movement Dimension of Adaptive Care Model
 - Why do we include exercise/movement in ED treatment?
- Brief description of each component of the Movement Dimension
- How to support movement in recovery
- Questions and discussion

Movement in the Adaptive Care Model



1. Our program is built from **evidence-based** practices for intervening on exercise-related motives and cognitions, and the multitude of mental, physical, and relational consequences of movement and exercise in eating disorders treatment and recovery.
2. We **address the full scope of exercise** by targeting exercise beliefs, identity issues, cognitions, motivations, and expectations that are unique to individuals with eating disorders.
3. We encourage exploration of various physical activities as a way to **reconnect with the body and find pleasure in movement and exercise**.
4. We recognize that movement has a **reciprocal relationship** with the psychological, physiological, nutritional, and social processes of eating disorders recovery.

Movement Dimension Components



Component	What is Included	Frequency	Duration	Goals
Stretching	Stretching Yoga poses Body focused positive affirmations	Every morning	5-10 minutes	Welcome the day Release tension in the body Connect with the body
Psycho-Education	Info on exercise Group dynamic principles Peer mentoring	1x/week	1 hour	Discuss information, beliefs, & emotions related to movement & exercise Build group dynamics
Progressive Relaxation	Progressive Relaxation Breathing Imagery	1x/week	1 hour	Find and release tension in the body Learn a coping response to stress Reconnect with body
Movement & Exercise	Dance Exercise Play Recreation Sports Thera-bands	3-4x/week	1 hour	Find enjoyment in movement Experience new forms of exercise Reconnect with body
Yoga	Any form of Yoga	1x/week	1 hour	Reconnect with body

Movement in Recovery

A bird sitting on a tree
is never afraid of the branch
breaking because its trust is
not in the branch but in
its own wings.



- During recovery, the branch often seems like it is broken
 - The whole tree seems to have fallen!!
- Recovery sometimes feels like falling or being forced to fly
 - Changes in routine
 - Change raises anxiety, grief, fear, etc.
 - These emotions can lead to relapse
 - How do we deal with this?
- Recognize that we are built to fly!
 - Let's enjoy the flight!

Movement in Recovery



- Take a page from our approach to movement in general
 - We do not prescribe exercise. We teach how to adapt to our environment.
 - *Give a person a fish and they eat for a day. Teach them to fish and they eat for the rest of their life.*
 - Change is the only constant!
 - *We can't stop the waves, but we can learn to surf!*
- Two slogans for our Movement Dimension
 - Work with your body not against it
 - Find **joy** in movement
- Great time to challenge the '*WHY*' of exercise
 - Why are we feeling anxious when we can't continue our normal routines?
- Does this approach work?
 - Can't compartmentalize movement. It is *adaptive* to every part of our being.

How to Support Movement in Recovery



- Accept that exercise is not mandatory
 - No pre-set time after treatment when exercise can begin
 - Requires an honest appreciation of the mind-body connection
- Challenge beliefs and expectations about movement/exercise
 - There is a tremendous amount of false information about exercise!
 - Remember that exercise is not a panacea
- Understand there is no “best” exercise routine
 - Black & white/perfectionistic thinking about exercise leads to relapse
 - Movement in recover requires acceptance, grace and humility
 - Finding acceptance around all aspects of exercise and experiencing joy are necessary steps before other benefits can be realized
- Everyone’s journey in recovery is different!
 - Exercise happens sooner for some and later for others, if at all

#1 Most Important Factor for Movement in Recovery

- To have good social support that **understands exercise is very different during eating disorders recovery** than for someone who does not have an eating disorder



Final Thoughts From an Alumna



“After taking seven months off and only starting to run at the end of this past July I had nowhere near the same physical training as my peers. But what I did have was much more important, mental training. Everyday I would learn **who I was** and what my dreams were. **And it was because of this training I believe I was able to be so successful this past weekend.** Running may be physically difficult, but if you have a tough interior and have faced adversity, just as everyone has, **you have the capacity to do whatever you set your mind to. Just as long as you believe...**”

***“I never knew I could be me and this happy again.
This is freedom.”***

Any Questions?

