

SPORTS & COMPULSIVE EXERCISING IN MALES

- Men who participate in weight-restricted sports such as swimming, wrestling, body-building, gymnastics and running are at an increased risk of developing an eating disorder.
- At some point, compulsive exercisers begin to feel like drug addicts. Exercising is no longer a free choice; it becomes necessary and essential. While it may provide temporary feelings of well-being and even euphoria, overwhelming guilt and anxiety can result if a compulsive exerciser does not have the opportunity to work out.
- When exercise addicts abuse steroid drugs in an effort to increase muscle mass, they face serious medical risks: blurred vision, hallucinations, rages and tantrums, depression, acne and other skin problems, increased blood pressure, muscle cramps, joint pain, loss of sex drive and mood swings.
- Many psychological factors contribute to the development of eating disorders in men, including pressures to succeed and to win at all costs, low self-esteem, poor body-image and strong feelings of inferiority or inadequacy.
- Although men often feel ashamed when they seek treatment for an eating disorder, they should do so as soon as possible since the symptoms and consequences of an eating disorder can become much worse over time.

**For more information about food, weight or body-image issues, call
The Renfrew Center at 1-800-RENFREW or visit www.renfrew.org.**