

THE STAGES OF EXERCISE ADDICTION



RIGHT CHOICE
RECOVERY

1

RECREATIONAL EXERCISE

Recreational exercise, the initial stage of exercise addiction, emphasizes health and fitness as motivations in a controlled manner, focusing on improving quality of life with the option to stop sessions.

2

AT-RISK EXERCISE

At-risk exercise, the second stage of exercise addiction, involves increasing workout intensity and frequency for mood enhancement, using exercise to escape stress and life's challenges.

3

PROBLEMATIC EXERCISE

In this stage, individuals prioritize exercise, exercise despite injury, and experience withdrawal if their routine is disrupted.

4

EXERCISE ADDICTION

The final stage is exercise addiction, where individuals prioritize exercise over negative consequences, neglecting family and work responsibilities.

Understanding Exercise Addiction

Scott C. Dulebohn



Understanding Exercise Addiction:

Understanding Exercise Addiction Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Understanding Exercise Addiction**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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