A Justification for Exercise Intervention during Eating Disorder Treatment

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Approximately 1 in 10 Americans will struggle with an ED during their lifetime. Like many mental health conditions, the pandemic response increased ED hospital visits two- to threefold compared with the previous years and has been particularly difficult for teenagers. Moreover, higher social media engagement, specifically photo-based platforms, is associated with an increased in ED behaviors.

Journal:

ACSM's Health & Fitness Journal
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