



Eating Disorders

What Fitness Professionals Really Need to Know

Presented By:

Karli Taylor, Ph.D. & Christine Conti, M.Ed.



About us

Karli Taylor, PhD.

Eating Disorders For Fitness Pros, Co-Author

MedFit Education Advisory Board Member

BarreFlow™, Creator

Corrective Exercise Specialist, Author

Eating Disorder Survivor





About us

Christine M. Conti, M.Ed.

Eating Disorders For Fitness Pros, Co-Author

Arthritis Fitness Specialist, Author

MedFit Network Podcast, Co-Producer

MedFit Education Foundation Webinar, Co-Producer

FallPROOF™ Fall Prevention, Co-Creator

Let's FACE it Together™ Facial Rehab, Creator

Eating Disorder Survivor





Let's Open the Dialogue!

**Misconceptions
Stigmas
Shame
Lack of Resources**





What is an eating disorder?



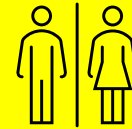
Anorexia



Definition



Symptoms



Demographics



Effects



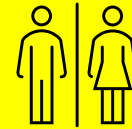
Bulimia



Definition



Symptoms



Demographics



Effects



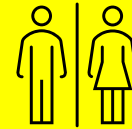
Exercise Bulimia



Definition



Symptoms



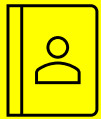
Demographics



Effects



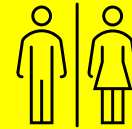
Compulsive Eating/Binge Eating Disorder



Definition



Symptoms



Demographics

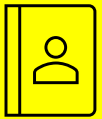


Effects



Orthorexia

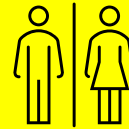
(too much of a good thing)



Definition



Symptoms



Demographics



Effects



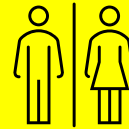
Other Non-Diagnosed Disordered Eating



Definition



Symptoms



Demographics



Effects



TREATMENT STRATEGIES



Medical



Psychological



Behavioral

*****NOTE*****

THE MOST SUCCESS IS FOUND IN A MULTI-PRONG APPROACH

Fitness Professional Application Part I

Best Practices vs. Worst Practices

Communication Techniques

Best Practices:

Worst Practices:

Client Intake Forms

Salient Questions

Working with the Recovered/ Recovering Clients

Special Considerations

Contests & Competitions

Implications



Fitness Professional Application Part II

Best Practices vs. Worst Practices

MEDICAL DOCTOR or FITNESS PROFESSIONAL?

Weigh-ins?

Measurements?



Body Fat Analysis?



Role-Play



Scenario 1

“HOW MANY CRUNCHES?”

Scenario 2

“WHAT DO YOU EAT?”



Nutritional Guidance for Disordered Eating Clients

Outsourcing

Staying in your lane & scope of practice

Dietitians & Nutritionists

What is their role?

Trainer Q & A's

"What would you say?"



The background is a solid pink color. Overlaid on the right side is a stylized, hand-drawn illustration of several long, narrow leaves or feathers. These are drawn with dark purple outlines and filled with fine, parallel purple lines. A black rectangular box with a slightly irregular, torn-edge effect on its right side is positioned on the left side of the image. Inside this box, the word "Resources" is written in a large, white, serif font. Below it, three lines of text in a smaller, white, serif font list "National Help/Hotlines", "Call Centers", and "Local Resources".

Resources

National Help/Hotlines

Call Centers

Local Resources

NEDA

Finding Hope

www.nationaleatingdisorders.org



Get Real Expectations
Get Real Role Models

Get Real

NationalEatingDisorders.org



**Karli
Taylor**

Co-Author



**Christine
Conti**

Co-Author

Contact the Authors!
Live & Virtual Speaking Events & Presentations

Thank you!

Karli Taylor, Ph.D &
Christine Conti, M.Ed.

Karli@barreflow.net
Christine@medfited.org