

From ABC 7 News:

ABC 7 Medical: Over Exercise

Posted: June 13, 2007 6:00 PM EST

URL: <http://www.wjla.com/news/stories/0607/431138.html>

Anchor:

THERE'S A DIFFERENT TYPE OF DISORDER EFFECTING MORE AND MORE DC AREA RESIDENTS. IT'S CALLED OVER EXERCISING.

WHILE YOU MIGHT THINK YOUR DAILY EXERCISE ROUTINE IS KEEPING YOU HEALTHY - YOU MIGHT ACTUALLY BE HURTING YOURSELF.

MEDICAL REPORTER KATHY FOWLER HAS THE DETAILS. Story:

41-YEAR-OLD PATTY FULTON ADMITS SHE'S OBESSIVE ABOUT EXERCISING, AT TIMES EVEN WORKING OUT UP TO THREE TIMES A DAY. Patty Fulton, Marathon Runner: "Running twice a day so getting up in the morning at 5:00 in the morning and running 5 or 6 miles on the treadmill. get ready for work, go to work and even run at noon and sometimes even in the evening."

FULTON IS LIKE MANY WASHINGTONIANS WHO EXPERTS SAY OVER EXERCISE - TAKING WORKOUTS TO EXTREME, SOMETIMES UNHEALTHY LEVELS. Patty Fulton, Marathon Runner: "If I do skip a day I tend to get anxious, I feel guilty. Towards the end of the day I think it's 8:00, 9:00 at night. Should I be running right now?"

Caroline Silby, Sports Psychologist: "The problem with it - over exercising can lead to anxiety, depression, isolation, broken relationships."

SPORTS PSYCHOLOGIST CAROLINE SILBY SAYS OVER EXERCISING CAN BE DANGEROUS - LEADING TO PHYSICAL AND MENTAL INJURY. WHILE THE CONDITION CAN BE SIMILAR TO AN EATING DISORDER,

MOST OVER EXERCISERS TEND TO BE VERY SUCCESSFUL, PROFESSIONALLY. Caroline Silby, Sports Psychologist: "Over exercisers have a lot of qualities that contribute to success and they tend to be driven, achievement oriented individuals who are persistent, have strong work ethics."

BECAUSE THE D.C. AREA HAS SO MANY CAREER-DRIVEN RESIDENTS - DOCTORS SAY THEY'RE SEEING OVER EXERCISING ON THE RISE. Dr. William Booker, Capital Rehab: "We have a very competitive environment here in dc, not just professionally, but in a lot of other areas, so you see people who they take exercise as just another competitive activity."

WHILE EXERCISE SHOULD BE AN IMPORTANT PART OF YOUR DAY, BOOKER SAYS IT'S IMPORTANT TO BALANCE REST, DIET AND SLEEP. Dr. William Booker, Capital Rehab: "It's like tylenol. One a day's not bad, take 3 or 4 or 5 or 6 and it can lead to problems."

DR. BOOKER SAYS YOU MIGHT BE OVER EXERCISING IF YOU ARE EXPERIENCING SHARP PAINS OR A RESTRICTED RANGE OF MOTION. IF THAT'S THE CASE, HE SAYS IT'S TAKE A REST AND SEE A DOCTOR.

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