

Intuitive Exercise: Insights and Interventions

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EXERCISE JAIL

joy
goals
friends
fun



work
school
romance
spontaneous

CONTROL

IDENTITY

FEAR

RIGIDITY

SELF WORTH



CONTROL / NUMB EMOTION

ISOLATED

ALL-CONSUMING

INTENSE

STRESSFUL

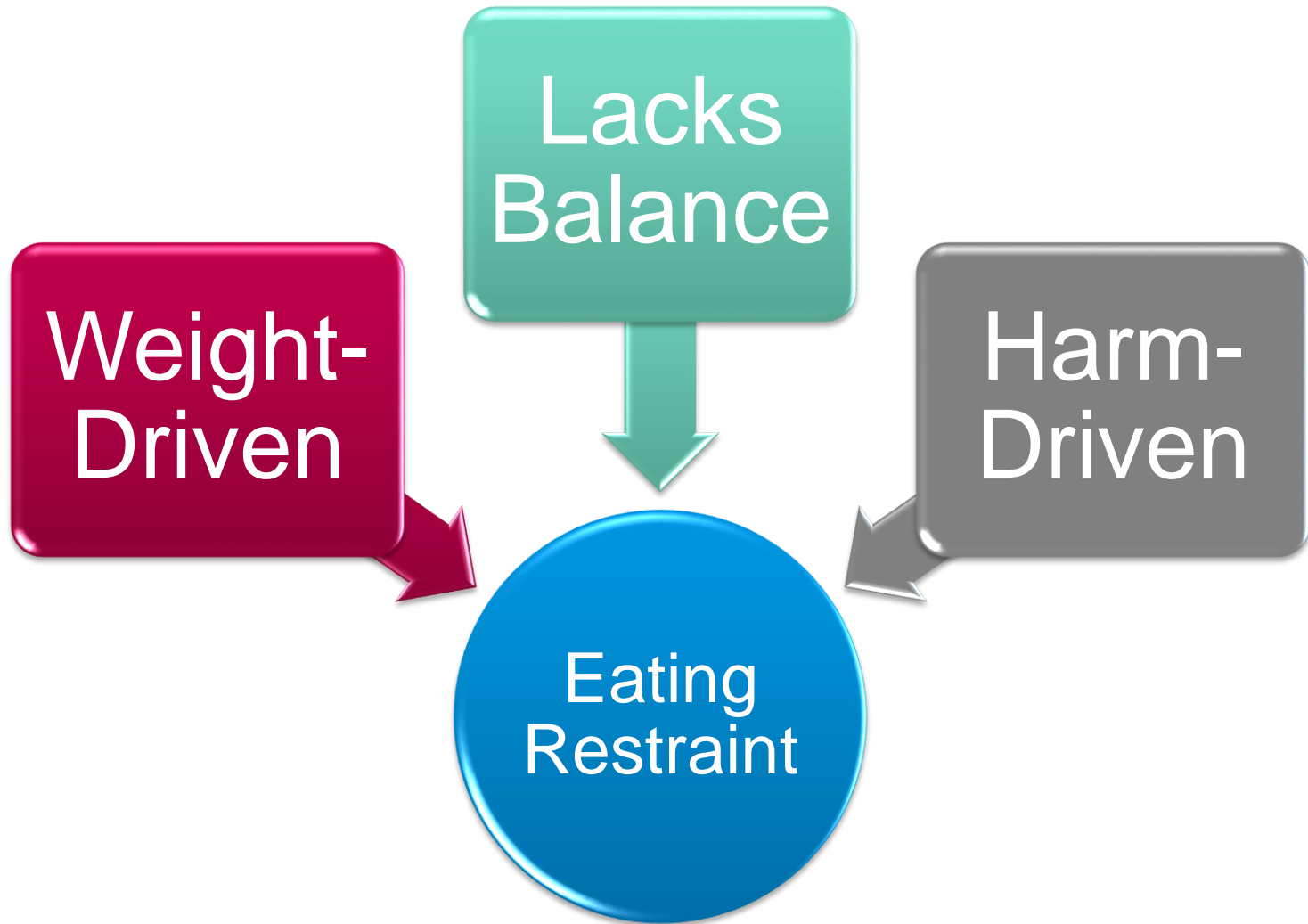
DANGEROUS

UNPREDICTABLE

Characteristics of Exercise Mindset

- **Outcome vs. Process**
“I trust my body’s signals to tell me when to stop exercising.”
- **Loss of Balance**
“Exercise organizes and controls my life.”
- **Weight vs. Function**
“I exercise so I can eat.”
- **Punishment vs. Self-Care**
“I continue to exercise even when I experience pain.”
- **Emotion Regulation**
“If I did not exercise, my emotions would be out of control.”

In college students...



In women and men in the community...

Teasing

- appearance, competence

Dysfunctional Exercise

- harm, weight, outcome, emotion

Exercise Addiction

- intensity, frequency, conflict

Physical & Mental Health Risks

- influences development of eating disorders
- stress fractures, permanent injuries, osteoporosis
- isolate from family, friends, pleasurable activities
- fosters shame, guilt, comparing
- reduces quality of life & limits healthy productivity
- mental anguish – toll on self-esteem & identity
- not sustainable

Exercise is good for us

- Improved health
- Reduced disease
- Brain function
- Heart and lung function
- Posture and flexibility
- Strength and endurance
- Mood
- Social life
- Quality of life

**It depends on the quality
of the exercise.**

Exercise Mindset

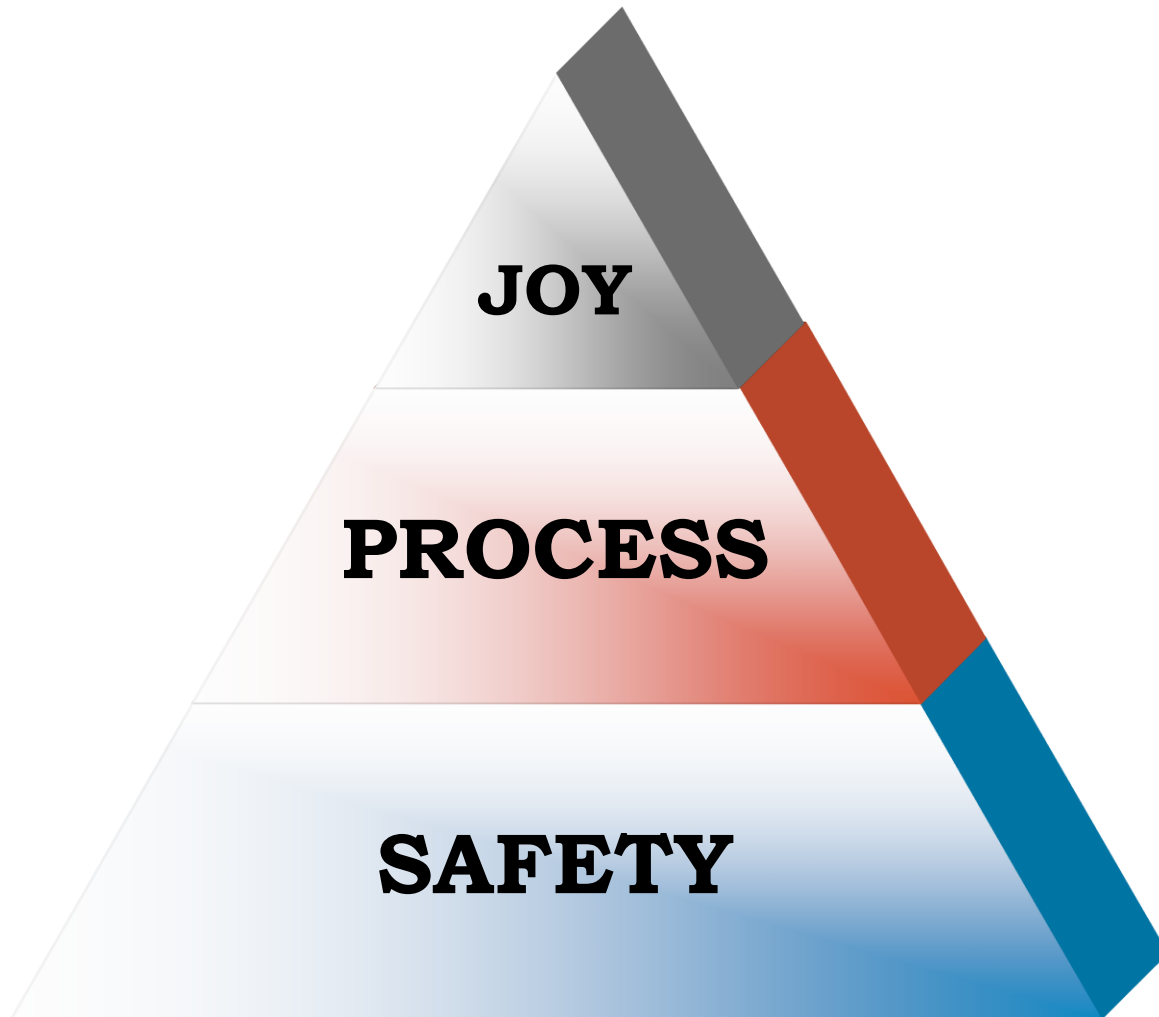


Less Intuitive

More Intuitive

Intuitive exercise is any physical activity that is done with awareness and follows internal cues to determine when, what, and how much to exercise.

Intuitive Exercise Triad





- alleviate stress, not create more stress
- enjoy, rejuvenates



- non-judgmental
- noticing, listening, understanding



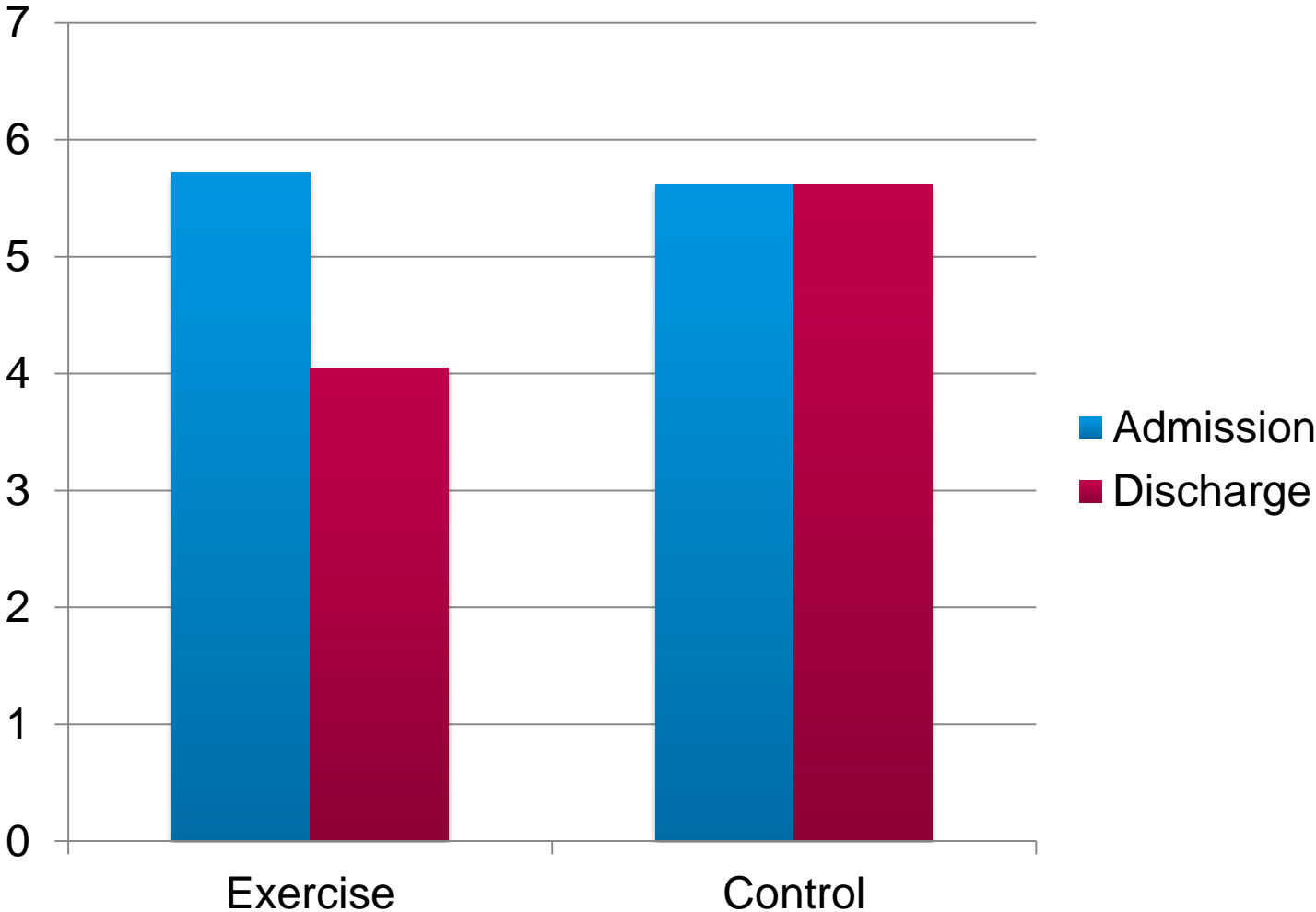
- protect from danger
- fuel and self-care

Intuitive Exercise for Eating Disorders Program



- experience, practice, and process exercise mindfully
- stretching, alignment, yoga, strength training, balance, recreational games, outdoor activities, running
- supervised group sessions, process experience

Dysfunctional Exercise After the Program



Intuitive Exercise in Everyday Life



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Self-Objectification in Women: Causes, Consequences, and Counteractions

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