

# 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

**M Tight**



## **Understanding Exercise Addiction:**

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, **Understanding Exercise Addiction** . This immersive experience, available for download in a PDF format ( Download in PDF: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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