

## ALMOST ANOREXIC

### Is My (or My Loved One's) Relationship with Food a Problem?

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Table 11.

#### Your Intuitive Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
This week's total (minutes): _____						

#### Intuitive exercise means . . .

- Your exercise routine is flexible. You do a variety of activities that are driven by how your body feels, not by rules.
- The “why” behind exercise is not entirely about controlling your weight. You exercise for a variety of reasons, including having fun, socializing, and maintaining good health.
- Missing an exercise opportunity does not influence your mood in a negative way.
- Exercise is not a chore. When you are active, you select activities that you enjoy.
- You want to. There is no “have to” in regard to when and how much you exercise.
- You account for unstructured or “lifestyle” physical activity when planning structured exercise.
- You eat enough food to adequately fuel your level of physical activity.

**For more information about the book, visit [www.AlmostAnorexic.com](http://www.AlmostAnorexic.com).**