Resources

For fitness professonals supporting someone affected by an eating disorder

WHERE CAN I LEARN MORE?

- National Eating Disorders Collaboration (AU) - Sports & Fitness Professionals resource hub
- Vice - What Can Gyms Do If They Think Someone Has an Eating Disorder?
- Body Peace Collaborative - Eating Disorder Sensitive: Education for Dietitians
- Eating Disorder Hope - Mindful Movement & Recovery for Compulsive Over-Exercise

SUPPORT FOR THEM

- Encourage them to speak with their family doctor. NEDIC & Body Brave developed a checklist they can use to help guide the conversation
- Let them know that NEDIC's telephone helpline and chat services can provide in-the-moment support and discuss support options with them confidentially
- If you're unsure about nutrition guidance, utilize NEDIC's service provider directory to help your client access professionals who have experience working with EDs
- Guide them to a community-based eating disorder organization for free or reduced cost support