

# Healthy vs. Unhealthy Exercise

## FACTORS

**MOTIVES,  
PURPOSE, OR  
FUNCTIONING**

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**LENGTH OR  
FREQUENCY**

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**LISTENING TO  
BODY**

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**FLEXIBILITY**

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**EMOTIONS AND  
FEELINGS  
ASSOCIATED**

## UNHEALTHY

- For weight loss
  - Compensation
  - Self-punishment
  - Degrading
  - Impedes on daily life or functioning
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- Surpasses 60 minutes
  - Sometimes "doubles-up"
  - Adds extra time if concerned about weight or something that had been eaten
  - No rest days
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- Still exercises despite illness, injury or tiredness/exhaustion
  - Ignores body
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- Very rigid and inflexible
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- Dread the exercise
- Guilt, anxiety, shame if unable to exercise
- Punishment
- Drained

## HEALTHY

- For health and general wellness
  - Supportive
  - Fits well into daily life
  - Beneficial
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- Typically recommends 60 minutes per day
  - Incorporates rest days
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- Takes rest day – even if unplanned – if body is ill, injured or tired
  - Listens to body
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- Adaptive and flexible
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- General contentment
- Excitement
- "feel good"
- Positive
- Energized

