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The Self Improvement Show Archives Available March 21st 2013: Exercise Addiction

Are you an exercise addict? How much exercise is TOO much? In these days of ever-increasing obesity and sedentary lifestyles we hear more and more about the need for a healthy diet and more exercise. We see programs like "The Biggest Loser" and the very strenuous exercise programs they have. Gyms are springing up everywhere, exercise DVD's and games are proliferating and stylish workout clothes are a big business. Some people seem to live for and in the gym. Has the exercise pendulum swung too wide? Can too much exercise be harmful and, if so, how? Dr. Vicki Berkus, Head of the Eating Disorder

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Featured Guest



Dr. Vicki Berkus

Dr. Vicki Berkus is the Medical Director for the Eating Disorders Program at Sierra Tucson. Dr. Berkus is board-certified in Psychiatry and Neurology. She has served as Medical Director for a large eating disorder and substance abuse facility in Florida, was Chief Scientific Officer for American Medical Technologies, was a professor at Oklahoma City University for 7 years, and had her own private practice for 6 years. She has authored numerous articles and is the author of Ten Commitments to Mental Fitness. She is past president of the International Association of Eating Disorders Professionals (IAEDP) and is actively involved with the Eating Disorders Consortium, the Academy of Eating Disorder

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