



# In Sickness and In Health: Exercise Addiction in Endurance Athletics

*Abby Ruby Ph.D.*

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There is a problem in our society whereby the ideal body is often obtained through unhealthy means. Currently, many who adhere to the rigid social norm of what is aesthetically acceptable diet, purge, or exercise to extremes to create the picture-perfect body. Exercise dependence is a growing phenomenon within the field of psychology, yet some who exercise to extremes are hailed as disciplined and celebrated as successful athletes. In Sickness and In Health defines exercise addiction as an attitude, a way of approaching exercise, and not a specific “type” of athlete, such as an Ironman athlete, a runner, etc. Instead, any number of athletes can be considered exercise addicts, whether they train for a 3-mile or 300-mile run.



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