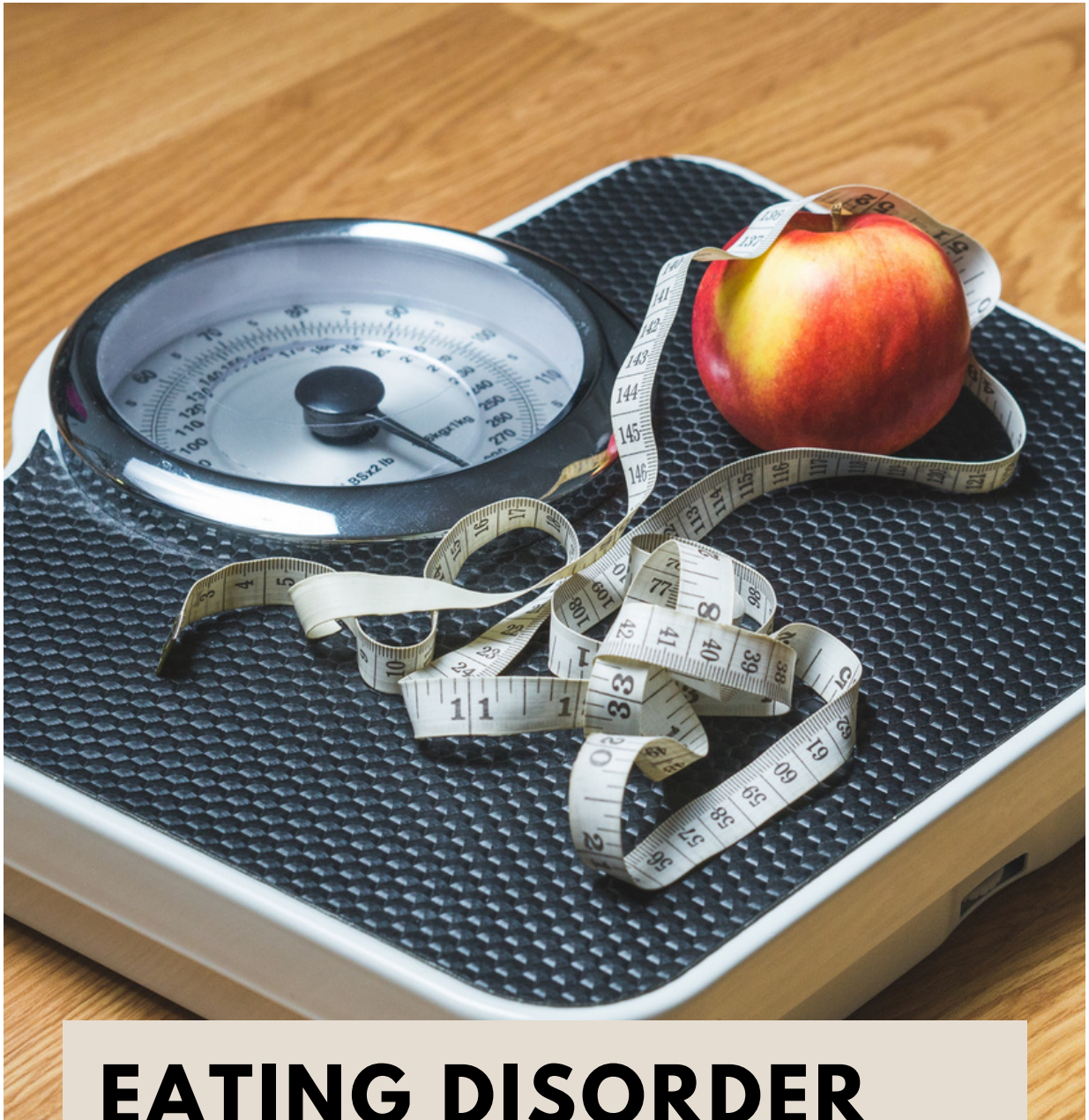


RACHEL ANNE HOBBS R.D.



EATING DISORDER INFORMED FITNESS PROFESSIONAL TRAINING

RECLAIMING YOUR WHOLE SELF

www.TheNurtureCircle.com



A LITTLE INTRODUCTION

Hello and welcome to The Nurture Circle, we are so pleased to have you here.

We are a team of clinical practitioners and coaches who have been working within the eating disorder, body image and fitness space for nearly 15 years.

We merge nutrition, neuroscience and nurturance to support individuals find food freedom; and to upskill practitioners so they feel confident to work with those experiencing eating disorders and disordered eating and promote a healthy relationship with food.

As part of our work we specialise in education and training for fitness professionals; including fitness instructors, personal trainers, group exercise instructors, sports coaches, PE teachers and online coaches; and feel honoured to work with so many dedicated individuals.

We look forward to supporting you and your team.

Rachel
Rachel Anne Hobbs RD PgDip mHCPC
Consultant Dietitian, Personal Trainer
and The Nurture Circle Founder



WHY IS IT SO IMPORTANT FOR FITNESS PROFESSIONALS TO BE EATING DISORDER INFORMED?

If we work with people, we work with people experiencing eating disorders.

16% of individuals are diagnosed with an Eating Disorder (ED) at some point in their lifetime, this may be Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder or OFSED. (NHS, 2020).

In individuals engaged in fitness and gym culture the research shows us that ED diagnosis increases to 35% (Hogland, 2002); and in looking at ED prevalence in fitness professions specifically, 59% female and 29% of males are classified with disordered eating (Sanda, 2015). This means that not only are eating disorders more common in fitness spaces, but also suggests that instructors could be promoting disordered behaviours under the guise of “dedication”.

EDs are both life altering and life threatening disorders as they impact the cardiovascular and reproductive systems, the immune and skeletal systems and the gastrointestinal system. Anorexia nervosa has the highest mortality rate of any psychiatric disorder and all EDs are linked with increased rates of depression, anxiety and substance misuse (Augar, 2021).

Due to the severity of eating disorders and also the increased prevalence within fitness spaces we believe it is crucial that fitness professionals need to be well informed about eating disorders; evidence also suggests that supervised and adapted physical activity provides cognitive benefits and meaningful role in successful ED treatment (Mathisen, 2021)



WHY IT BENEFICIAL FOR FITNESS PROFESSIONALS AND THEIR PLACES OF WORK TO BE ED INFORMED?

UK hospital admissions for eating disorders have increased by 85% in the last five years (London Centre for EDs), a rise we have been seeing consistently over the last 50 years. Recent rises are linked with the COVID pandemic and the fact that eating disorders are not identified or treated early enough. If fitness professionals are able to identify and support individuals presenting with the symptoms of eating disorders this not only benefits the general population but also the fitness professional and their business / the business they work within.

- There is currently no specific eating disorder education for fitness professionals and therefore very few are equipped to offer support to those with an eating disorder or disordered eating. **Being an ED informed FitPro offers a specialist niche for a individual or team inviting more clients into the space.**
- There is a population of 1.25 million individuals in the UK with an eating disorder and millions with an undiagnosed eating disorder that often feel they cannot engage with exercise training until they are “recovered”. **Knowing there are ED informed FitPros available to work with opens up opportunities to continue training safely to a huge population.**
- NHS resources are limited and designated to those who are at high risk, leaving millions on long waitlist and looking for private support. Referral networks amongst both GPs and private practitioners are common and **there is a high need for training facilities and fitness professionals that are ED informed to be a part of an ED treatment team** as evidence suggests that supervised and adapted physical activity provides cognitive benefits and meaningful role in successful ED treatment (*Mathisen, 2021*).

WHAT SHOULD FITNESS PROFESSIONALS KNOW ABOUT EATING DISORDERS AND DISORDERED EATING?

We know that the nutrition and eating behaviour training that is included in the majority of fitness qualifications is minimal; therefore it is important that fitness professionals do upskill so they are confident in what a healthy relationship with food presents as, as well as having fundamental knowledge of nutrition basics to support their clients with. They should also be confident in understanding their scope of practise, who and how they can ethically support.

Fitness professionals should be aware of the “red flags” or symptoms of disordered eating and how they show up physically, psychologically and behaviourally in clients and how to approach these individuals in a compassion centred way to ensure they are receiving the right care. A basic understanding of why eating disorders develop would also be beneficial.

Understanding how to put screening process’ in place for potential clients to establish whether they may need more support with their eating behaviours is also essential, as well as having the resources to support them with. A fitness professional should understand how to adapt training sessions and plans for those experiencing disordered eating as well as feel confident to speak with a multidisciplinary team; alternative ways to measure progress in clients with EDs is also an important knowledge base to have.

Fitness professionals should feel equipped and confident in how to support their clients and followers to have a healthy relationship with food, including knowledge around meal timings and types of foods, diet culture, body image, emotional eating and food neutrality; they should also feel confident about when and who to refer to if they feel their client does need clinical support.

It is also hugely important that fitness professionals understand how to look after themselves and their own needs within the fitness space.

This is why we created our **Eating Disorder Informed FitPro Training**, to give our students the knowledge and confidence to support their clients in a way their clients deserve.

WHAT IS ED INFORMED FITPRO TRAINING?

The main goal of our training was to make it easy to absorb and actionable; so we have broken it down into eight sections:

1. Exploring our relationship with food

- What is a healthy relationship with food?
- What are the signs our relationship with food need improving?
- How can we explore our relationship with food?
- What steps can we make if we recognise that our own relationship with food needs some nurturing?
- How does internalised weight bias show up?

2. Understanding Eating Disorders

- What are eating disorders?
- What are the symptoms of different eating disorders?
- What is the difference between eating disorders and disordered eating?
- Do eating disorders present differently in men?
- What is compulsive exercise / exercise addiction?
- Why do eating disorders develop?

3. Supporting clients with eating disorders and disordered eating

- What is a fitness professionals' scope of practice within the eating disorder space?
- How can you screen clients for disordered eating and eating disorders?
- How can you approach a client with a suspected eating disorder?
- What resources could you provide them with?
- How to structure training sessions and training plans if your client has an eating disorder?
- How to measure progress in clients with eating disorders?
- Who to refer to if you feel you cannot work with a client due to ethical boundaries or health risks?

4. Disordered eating and the fitness industry

- What does a practitioner need to be aware of when working within the fitness space?
- What does the research say about eating disorders within the industry?
- What are the behaviours of an ED informed fitness professional?
- How can a personal trainer look after themselves in the fitness space?

5. Promoting a healthy relationship with food

- Meal structure and timings, including the importance of breakfast and flexible meal planning.
- Encouraging food variety
- Speaking factually about food.
- Normalising emotional eating.
- Educating around diet culture
- Educating around body neutrality
- Exploring mindful eating practises
- Meeting negative diet or body talk with neutrality
- Promoting self compassion
- Encouraging healthy lifestyle factors such as sleep, stress management and meditation from a evidence based perspective.

6. Exploring a case study

7. Staying Eating Disorder Informed

- Reflective practise
- Mentoring
- Book recommendations
- Research papers

8. Resources for clients, book recommendations and references:

We provide students with all the resources they will need to give to their clients, as well as book recommendations for your to explore and references of all the research we used in the creation of this CPD.

- The Healing Threes
- Meal plan examples
- Blank meal planner
- Self care workbook
- Habit tracker
- Safety resources and coping skills guide
- Understanding diet culture
- Normalising emotional eating
- Body image journal prompts
- 20 tips to finding food freedom
- Overcoming Emotional Eating Masterclass
- Nutrient links
- Meditations

HOW IS ED INFORMED FITPRO TRAINING OFFERED?

We mainly provide our training in three different ways but we are flexible to provide our services to meet a variety of needs and budgets.

- In person workshop training - this generally takes ½ - full day depending on the amount of students and any additional workshops you would like us to add, for example; Nutrition Basics, Exploring Supplements, Eating Disorder Informed Fat Loss; this is led by a Registered Dietitian or Nutritionist who is experienced within the fitness space.
- Virtual workshop training - this generally takes ½ - full day depending on the amount of students and any additional workshops you would like us to add and is online; this is led by a Registered Dietitian or Nutritionist who is experienced within the fitness space.
- Self paced study - this is completed via our online platform and combines videos with written information and downloadable resources. This is available at www.thenurturecircle.com/forprofessionals

WHAT DO STUDENTS RECEIVE FOR COMPLETION?

Once students have completed their training they will be asked to do a short quiz to ensure they feel confident to implement the knowledge they have learnt; there is a pass grade of 90% for this. When the pass grade has been achieved they will be awarded their certificate of completion and be an **"Eating Disorder Informed Fitness Professional."**

WHAT IS THE INVESTMENT FOR EATING DISORDER INFORMED FITNESS PROFESSIONAL TRAINING?

The investment for our training is based on how many students are in attendance to workshops and whether this is in person, virtually or through our online platform; some corporations also choose to add on additional training or 1:1 mentoring too. Please do get in touch with exact requirements as we can work within most budgets.

- In person workshop from £699
- Virtual workshop from £499
- Online course from £60/pp

CONTACT INFORMATION

If you have any questions or would like to ensure that the professionals working with your wellbeing space are informed about working with populations experiencing disordered eating and eating disorders; as well as protecting themselves from the risks, please feel free to get in touch with any questions or we can arrange an audio/video meeting.

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