

The Fine Line: Healthy Vs. Unhealthy Exercise

Unhealthy is...

...Exercising even when injured.

This can cause permanent damage even if your injury is minor.

...Feeling guilt and anxiety when you are not able to exercise.

Exercise should not be something that you are obligated to do. It should be a fun activity.

...Avoiding other responsibilities or pleasures in order to exercise.

When exercise becomes more important than other parts of your life, something is not right.

...When your happiness is based solely on the productivity of your daily workout.

Your happiness should not be based on a single aspect of life.

Healthy is...

...Doing activities you enjoy, rather than activities you feel you must do.

...Exercising because you want to, not because you have to.

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