# **MAWDIVE**

A back pocket guide to managing exercise during treatment

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MAWDIVE is an evidence informed framework that supports the introduction of exercise during treatment and the nurturing of a positive relationship with movement through combining science and personal values. With years of practical clinical application in the eating disorder field, MAWDIVE is the perfect "back pocket tool" to guide change for your clients in transitioning to a positive relationship with movement, activity and exercise.



### **MEDICAL STABILITY**

- Most significant consideration prior to introducing exercise
  - Necessitates medical monitoring
    - Ensures client safety •

#### **WEIGHT GOALS**

- Weight is not compromised by the introduction of exercise
  - Weight focus is not the primary intention of exercise •
  - Trend of weight restoration if client is of low weight •

## **INTRODUCTION OF EXERCISE**

- Discussion re the introduction of exercise •
- What exercise, Why that exercise, Who with •
- How the exercise looks (frequency, duration, intensity) •

## **EVALUATION**

- Evaluate the impact of introducing exercise •
- Impact on medical status, adequate nutrition, weight goals
  - Impact on thoughts, feelings, and behaviours •

### **ADEQUATE NUTRITION**

- Adequate nutrition to meet energy needs for recovery goals
- Adequate nutrition to reverse malnutrition and starvation
- Adequate nutrition to meet energy demands of exercise

## **DEMONSTRATED ABILITY**

- Demonstrated ability to manage eating disorder behaviours
- Demonstrated ability to initiate and sustain dietary change
- Demonstrated ability to initiate and sustain behavior change

## **VALUES**

- Is exercise values based or eating disorder based
- Is the exercise aligned with personal values and self care
- Would the client recommend to another person in recovery

## ESTABLISHING A POSITIVE AND SUSTAINABLE RELATIONSHIP WITH EXERCISE

## THE THREE PHASES OF MAWDIVE

**Phase 1:** Getting prepared for the introduction of exercise (medically stable, adequate nutrition, weight not compromised, demonstrated ability to manage eating disorder). Progress in these areas lays the foundation for the body to be physically and mentally in a position to explore recovery focused exercise.

**Phase 2:** Identifying what the exercise looks like and its purpose (introduction of exercise and exploration of values). This process assists in both introducing exercise with some measurable boundaries in place and preventing the eating disorder from sabotaging the process.

**Phase 3:** Evaluating the impact of exercise on progress (evaluation) from both a objective and subjective perspective. The evaluation process guides further exercise intervention, such as ceasing, reducing, continuing, or increasing exercise engagement.