

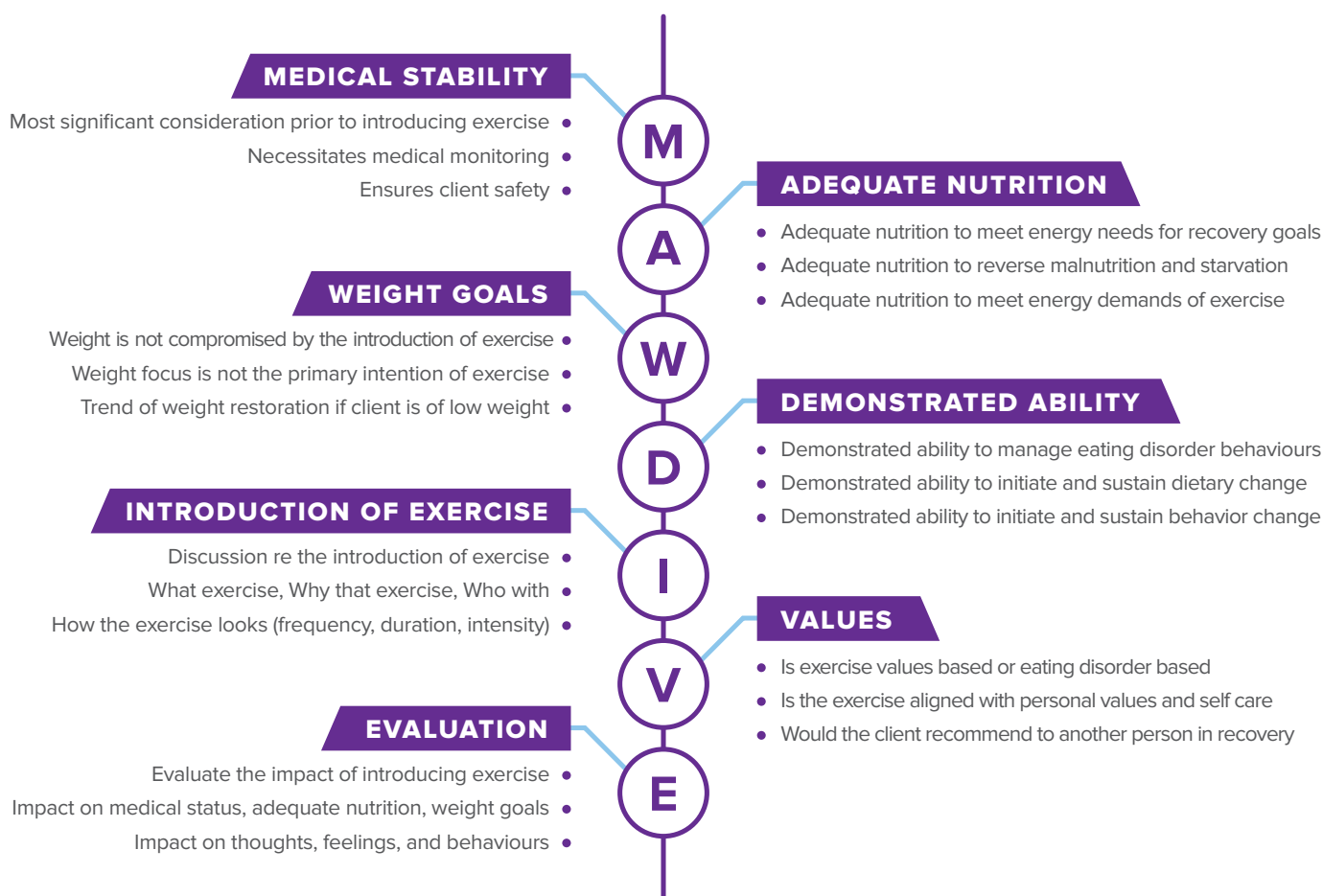
# MAWDIVE

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.



## 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.