Can You Exercise “Too Much”? Discover a Better Way…

– The MOVEMENT Movement with Steven Sashen Episode 137 with Jennifer Hicks

Jennifer Hicks is an internationally recognized Nia movement instructor, trainer and Personal Trainer. When you find yourself getting a sweat on at one of her online Nia classes, you too will experience the profound connection between body self-awareness and recovery. Chances are, you’ll also enjoy yourself. Who knew healing could feel like this? Jenn does and soon, you will too. Classes are delivered in person and online.

Listen to this episode of The MOVEMENT Movement with Jennifer Hicks about the dangers of exercising too much.

Here are some of the beneficial topics covered on this week’s show:

**- Why restricting portion sizes and food groups is not a healthy way to lose weight.**

**- How exercising can become an addiction when you’re doing it solely to lose weight.**

**- How difficult it is to live with an eating disorder, even if you don’t recognize you have one.**

**- Why Nia fitness asks you to pay attention to your body and its sensations.**

**- How it’s important that we don’t judge movement or the way our bodies move.**

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