



Professor Solfrid Bratland-Sanda

Thema: Moving forward! Physical activity, exercise and eating disorders

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The issue of bodily movement and physical activity in the context of eating disorders was first described in the literature by Dr William Gull more than 150 years ago. Yet, it is only the past 30 years that this has been addressed in scientific studies, and with a massive increase in publications the past 10-15 years. In this keynote, the complexity of physical activity and exercise across various eating disorders will be covered. You will learn more about mechanisms, identification and treatment for maladaptive movement, and why healthy, adapted and supervised exercise can be beneficial as part of treatment. The lecture will include scientific studies, clinical and user experiences, and will also shed light on current knowledge gaps in this field.