

# Cutting EDGE Care for Athletes

Eating Disorders Are Injuries Requiring Professional Care

Eating disorders can impact both an athlete's sport performance and life beyond their sport, leading to mental, emotional, and physical concerns. Athletes struggling with an eating disorder such as anorexia, bulimia, binge eating, OSFED or ARFID, may experience:

- Physical injuries due to excessive and unbalanced workouts or compromised bone health
- Unrelenting standards of perfection
- Obsessive thinking about food, weight, or body composition
- Body image distress or dissatisfaction
- Anxiety, depression, and suicidal ideation
- Isolation from friends, family, and teammates

Like any injury, eating disorders require proper treatment from a multidisciplinary team.

**Athlete EDGE™ at EDCare** provides intensive, evidence-based, compassionate care from professionals who understand the nuances of sport culture and the unique challenges athletes face.

**Athletes have dedicated themselves to their sport.**

**We have dedicated ourselves to treating athletes who struggle with their relationship with food, body, and training. This means our team understands both eating disorders AND athletes.**



**38%** of male college athletes and **58%** of female college athletes are at-risk for developing bulimia nervosa



Visit [www.athleteedge.care](http://www.athleteedge.care)  
or call **303-771-0861**

# Eating Disorder Treatment That Understands Athletes

**Athlete EDGE™ at EDCare** creates a space for athletes to explore their sport identity, while also integrating and exploring other parts of their authentic selves. Our team provides athletes with a game plan for developing psychological flexibility, awareness of proper sport nutrition, and mental performance skills.

In addition to receiving individualized eating disorder treatment, athletes will get the benefits of sport-specific programming, including:

- Sport and Performance Psychology
- Sports Nutrition
- Body Image in Sport
- Sport-focused Group Therapy
- Strength and Conditioning



**Athlete  
EDGE™**  
at EDCare

## Integrated Training & Exercise

We understand the importance of training for athletes and performers. Training is intentionally and mindfully reintegrated into treatment when medically and clinically appropriate and supportive of treatment goals. This is done in a way that is collaborative with the athlete's local support system or home team.

With the help of our strength and conditioning coach and mental performance coach, athletes will explore the connection between exercise, training, and eating disorder behaviors. Together, we work to help athletes establish a plan to maximize their opportunities and return to life and sport.

## The Home Team Matters to Us

Working with a new team can feel challenging. For this reason, our team is intentional about connecting with an athlete's home team and support system throughout treatment. In addition to integrating family into the treatment process, we work closely with their mental health providers, medical team, and coaching staff. In fact, members of their home team are invited to join our weekly staff meeting as we discuss treatment goals and progress.

When discharged from our program, a game plan is developed in collaboration with the athlete and their support system, allowing them to return to doing what they love as an athlete.

## Athletes Return to Life and Sport Stronger



For questions or to schedule a free clinical assessment, call Athlete EDGE™ at EDCare:

**303-771-0861**

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www.eatingdisorder.care