

3<sup>rd</sup> International Conference on

# SPORTS MEDICINE AND FITNESS

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## Movement and Eating Disorders

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Yoga is an ancient form of mind-body medicine that integrates an individual's physical, mental and spiritual components to improve aspects of health. Mindfulness and yoga in binge eating disorder and other eating disorders has been correlated with improved quality of life and decreased fixation on food. Examples of how to apply this modality with clients struggling with body/self-image will be explored. Finally, clinicians will learn how athletes can focus on safely re-connecting with one's body to increase sense of self through yoga.

### Biography

As Director of Nutrition Services, Margaret's job entails many duties. She oversees the dietitians, carries a caseload, supervises the menu and meal plans and develops nutrition-related protocols. She also implements current nutrition recommendations, community outreach and trains dietitians.

Prior to joining Timberline Knolls, Maggie was the Nutrition manager at Revolution. She started with Timberline as a registered dietitian and dietary technician.

Maggie attended Eastern Illinois University for her undergraduate degree in dietetics; she did her dietetic internship at Ingalls Memorial Hospital.

She is a member of the Academy of Nutrition and Dietetics and South Suburban Academy of Nutrition and Dietetics.

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