

## MINDFUL MUSCLES NEWSLETTER #1

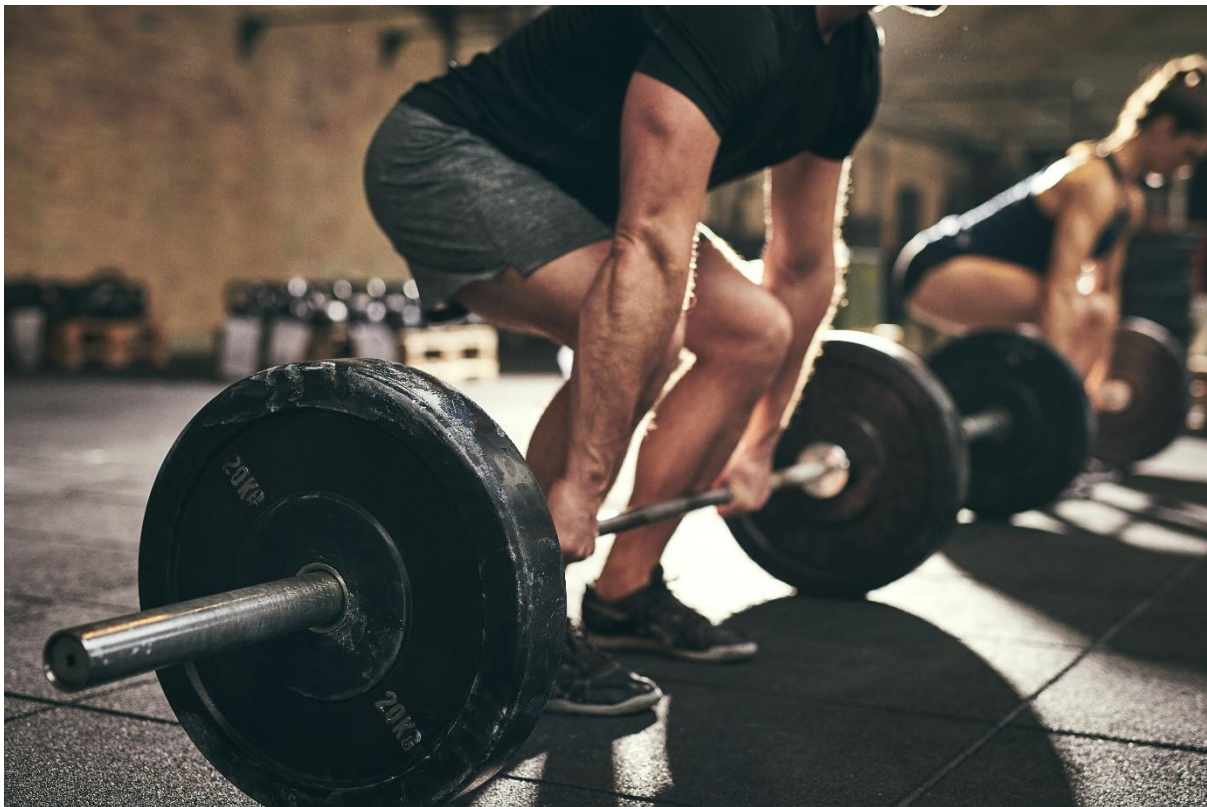


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## Why Mindful Muscles matter?

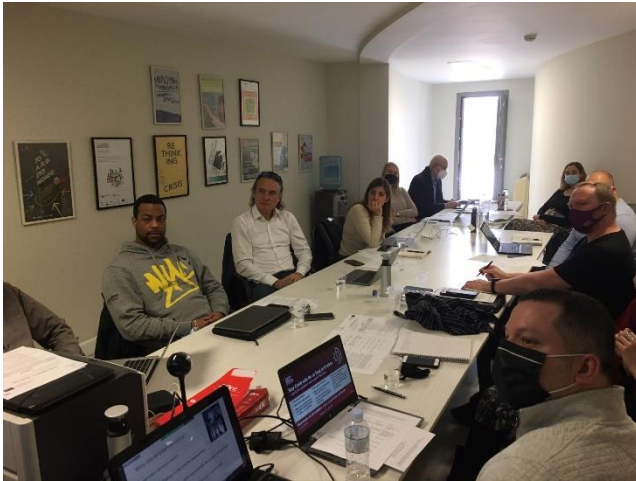
Doping use remains a constant threat to sport and has also permeated recreational sport and exercise. According to a 2021 UK Anti-Doping Report, about 1 million exercisers in British gyms said they had used anabolic steroids, and 34% of non-users said they knew that doping was taking place in their gym. There are different ways to tackle doping in recreational sport and exercise populations. One of them is to address the factors and reasons that motivate people to use doping in the first place: body-image concerns, worry and anxiety about physical appearance. In other words, if we help exercisers cope more effectively with such worries, concerns, and anxiety, they will be at less risk for doping.



Mindful Muscles does exactly that. It provides exercisers and gym-goers with resources so that they can learn how to be more accepting and self-compassionate to their bodies, and more mindful of their exercise goals and their health. Through Mindfulness, Acceptance, and Self-Compassion we empower exercisers to refrain from doping and take a different perspective on why they exercise and how to achieve their exercise goals.

### Mindful Muscles kicking-off in Thessaloniki, Greece

Following several online meetings during the pandemic, Mindful Muscles partners met for the first time face-to-face in Thessaloniki, Greece on February, 2022.



### Mindful Muscles at the No2Doping Workshop in Leipzig, Germany

Dr Kevin Bingham (Sheffield Hallam University) presented Mindful Muscles to academic experts, sport professionals, and members of the German Anti-Doping Agency (GADA) during the No2Doping Workshop, which was held on May 20<sup>th</sup> 2022.



### **Mindful Muscles goes to the University**

In June 2022, Professor Lazuras presented project Mindful Muscles at the Department of Physical Education & Sport Science, Aristotle University of Thessaloniki, Greece. The session was attended by sport science MSc students and professional coaches from different sport disciplines. A lively discussion followed about further promoting clean sport behaviours in recreational sport and exercise.





## Early Career Researchers' Community (ECRC) of Practice

One of the objectives of Mindful Muscles is to support and inspire future research into Image-and-Performance-Enhancement Drugs (IPEDs), especially in the context of recreational sport and exercise. To this end, we have created an international community of practice (ECRC) of current PhD and Post-Doctoral researchers from various disciplines, who work on different aspects of IPEDs and doping. One the activities of the Mindful Muscles ECRC is to highlight the next frontiers in IPEDs research. This is achieved through a series of open-access, online, invited lectures that aim to stimulate, provoke, and inspire new research ideas and collaborations in this area. The first lecture took place on May 2022 and presented research on the physiological and psychological health effects of steroid use in bodybuilders. The talk was given by Dr Diederik Smit, Department of Internal Medicine, Spaarhe University, Netherlands.



You can watch the talk on YouTube by clicking here:

<https://www.youtube.com/watch?v=HIs6crARQe&t=7s>