

AVOIDING THE RED IN SPORTS

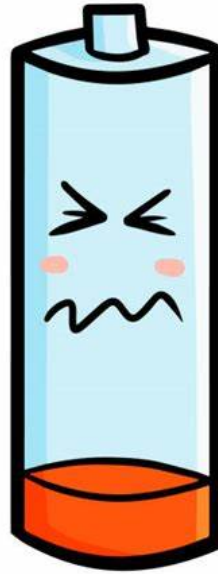


RELATIVE ENERGY DEFICIENCY IN SPORTS (REDS):

CHARACTERIZED AS AN IMPAIRMENT OF PHYSIOLOGIC FUNCTIONS DUE TO ENERGY DEFICIENCIES

RISK FACTORS INCLUDE:

- RESTRICTIVE DIETS
- LOW CALORIC INTAKE
- EATING DISORDERS
- HIGH ENDURANCE SPORTS
- AESTHETIC OR WEIGHT FOCUSED SPORTS (WRESTLING, DANCE, GYMNASTICS)
- SOCIAL PRESSURES



AMENORRHEA

FREQUENT ILLNESS

WEIGHT LOSS

CARDIAC ABNORMALITIES

SIGNS/SYMPOMS

FATIGUE

ANXIETY/DEPRESSION

FREQUENT INJURY

FOCUS ON BODY IMAGE/WEIGHT

EFFECTS ON ATHLETIC PERFORMANCE



TIPS FOR GETTING/STAYING CHARGED

PROPER NUTRITION:

- ENSURE AT MINIMUM YOUR INTAKE IS EQUAL TO OUTPUT
 - INCREASE BY 300-600 KCAL/DAY IF INTAKE IS LOW
- FOLLOW NUTRITIONAL RECOMMENDATIONS:
 - 1000MG CA/DAY
 - 600-800 IU OF VITAMIN D DAILY

RECOGNIZE UNHEALTHY BEHAVIORS:

- FOCUS ON WEIGHT OR LOOKS OVER PERSONAL HEALTH
- FREQUENTLY CHECKING WEIGHT
- BELIEVING LOW WEIGHT MEANS SUCCESS

UTILIZE RESOURCES:

- NUTRITIONISTS AND DIETICIANS CAN AID IN DEVELOPMENT OF ADEQUATE DIET PLANS
- COUNSELING SERVICES AID IN COGNITIVE TREATMENTS TO ADDRESS UNHEALTHY BEHAVIORS/THOUGHTS