# AVOIDING THE RED IN SPORTS

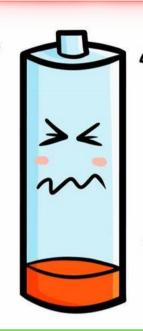


# RELATIVE ENERGY DEFICIENCY IN SPORTS (REDS):

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



**AMENINORHEA** 

FREQUENT ILLNESS

NEIGHT LOSS

CARDIAC ABNORMALITIES

SIGNS/SYMPTOMS

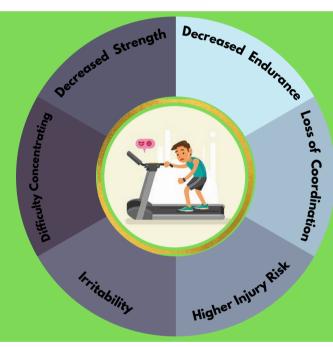
FATIGUE

AUXIETY/DEPRESSION

FREQUENT INJURY

FOCUS ON BODY IMAGE/WEIGHT

# EFFECTS ON ATHLETIC PERFORMANCE





## TIPS FOR GETTING/STAYING CHARGED

### PROPER MUTRITION:

- 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

Sources:

Mountjoy, M., Sundgot-Borgen, J., Burke, L., Carter, S., Constantini, N., Lebrun, C., Meyer, N., Sherman, R., Steffen, K., Budgett, R., & Ljungqvist, A. (2014). The ioc consensus statement: beyond the female athlete triad--relative energy deficiency in sport (red-s). British Journal of Sports Medicine, 48(7), 491–7.

Infographic provided by the NHATA YPC