

MYTHS & FACTS

about disordered eating & RED-S

MYTH # 1

1

You have to be underweight to have an eating disorder.

Truth: Most athletes with an eating disorder are not underweight. An eating disorder can happen in athletes of any size.

MYTH # 2

2

It's normal for female athletes to not get their periods.

Truth: Missing or irregular periods is not a normal response to training. This should not be ignored, but rather requires investigation by a medical doctor.

MYTH # 3

3

Undereating is only a concern for female athletes.

Truth: Undereating is also a concern for male athletes. Like female athletes, inadequate calorie intake can lead to health and performance consequences.

MYTH # 4

4

I have not lost weight, so I must be eating enough

Truth: The body can reduce the number of calories it needs. As a result, weight can remain stable even when in a calorie deficit.