

RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S).

WHAT IS IT?

RED-S is caused when calorie intake is insufficient to meet the calories expended through exercise. This leaves an athlete in a state of low energy availability. This can result in many negative health and performance consequences. RED-S can occur in male and female athletes from beginner to elite.

WARNING SIGNS:

- Missing or irregular periods in females
- Low sex drive and decline in morning erectile function in males
- Feeling cold and sluggish
- Digestive issues such as bloating and constipation
- Recurring injuries and illness
- Sleeping difficulties
- Feeling anxious, irritable, depressed and/or having difficulty concentrating
- Pre-occupation and constantly thinking about food and exercise



WHAT ABOUT WEIGHT?

While an athlete with RED-S may experience weight loss or be underweight, some athletes with RED-S have a stable and healthy body weight. Body weight should **not** be used as an indicator of RED-S.

WHAT TO DO:

Early identification and treatment is extremely important. If you are concerned about an athlete, express your concern and suggest they seek help from a:

- Medical doctor
- Registered Dietitian
- Counsellor

