

RELATIVE ENERGY DEFICIENCY IN SPORT (REDs)



WHAT

REDs is a health condition caused by a chronic mismatch between the amount of energy consumed and the amount expended through exercise and daily life.



WHY

REDs often results from deliberate restriction of calories or food groups for perceived athletic performance or aesthetic benefits, but it can occur by accidentally underfueling too.



WHO

REDs can affect people across all ages, genders, sports, body types, and levels of athletic engagement.

COMMON SYMPTOMS

Early warning signs of REDs can be subtle and differ by individual. Common indicators include:

- Frequent or persistent illness
- Increased injury (soft tissue and/or bone)
- Low hormonal functioning (i.e., irregular or absent menstrual cycles or low testosterone)
- Impaired recovery and adaptation to training
- GI dysfunction
- Decreased libido
- Low energy levels
- Mood disturbances (i.e., increased anxiety and/or depressive symptoms)
- Body dissatisfaction or dysmorphia
- Restrictive or disordered eating
- Difficulty resting from exercise

EARLY INTERVENTION IS KEY

If left unaddressed, the consequences of REDs can be serious and long-lasting. Untreated REDs can lead to bone density loss, metabolic changes, chronic fatigue, and mental health struggles. Early identification and intervention are essential to prevent lasting damage and support a full, healthy recovery.

If you or someone you know is showing signs of REDs or disordered eating, reaching out for support can make a crucial difference. Find more information and support at www.red-s.com



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