

Signs of low energy availability

These can also be signs of over training syndrome and psychological stress

What to do if you experience some of these signs?

- 1) Keep a log of which and when symptoms are occurring and how long for. You can then use this when seeking help.
- 2) Think about what's been going on for you regarding nutrition, stress, sleep, training load and travel. Has anything changed?
- 3) Seek support from a medical professional to rule out anything underlying.
- 4) Talk to someone in your support network e.g. a parent or coach, so you can get the help you need. You may want or need to speak to a registered nutritionist/dietician or psychologist.

Reference: Mountjoy M, Ackerman KE, Bailey DM, et al. 2023 International Olympic Committee's (IOC) consensus statement on Relative Energy Deficiency in Sport (REDs). British Journal of Sports Medicine 2023;57:1073-1098.

