

RED-S

RELATIVE ENERGY DEFICIENCY IN SPORT

RED-S occurs as the result of a mismatch between the amount you are eating versus the amount of energy that you are using up. This under-fueling can be either deliberate or unintentional, but both can have a huge impact on your health. Whilst RED-S is especially common in weight-making and endurance sports, it can affect men and women of all ages in all different types of sports.

How does this affect your health and performance?

Mood swings/ irritability/ anxiety
/ difficulty managing stress

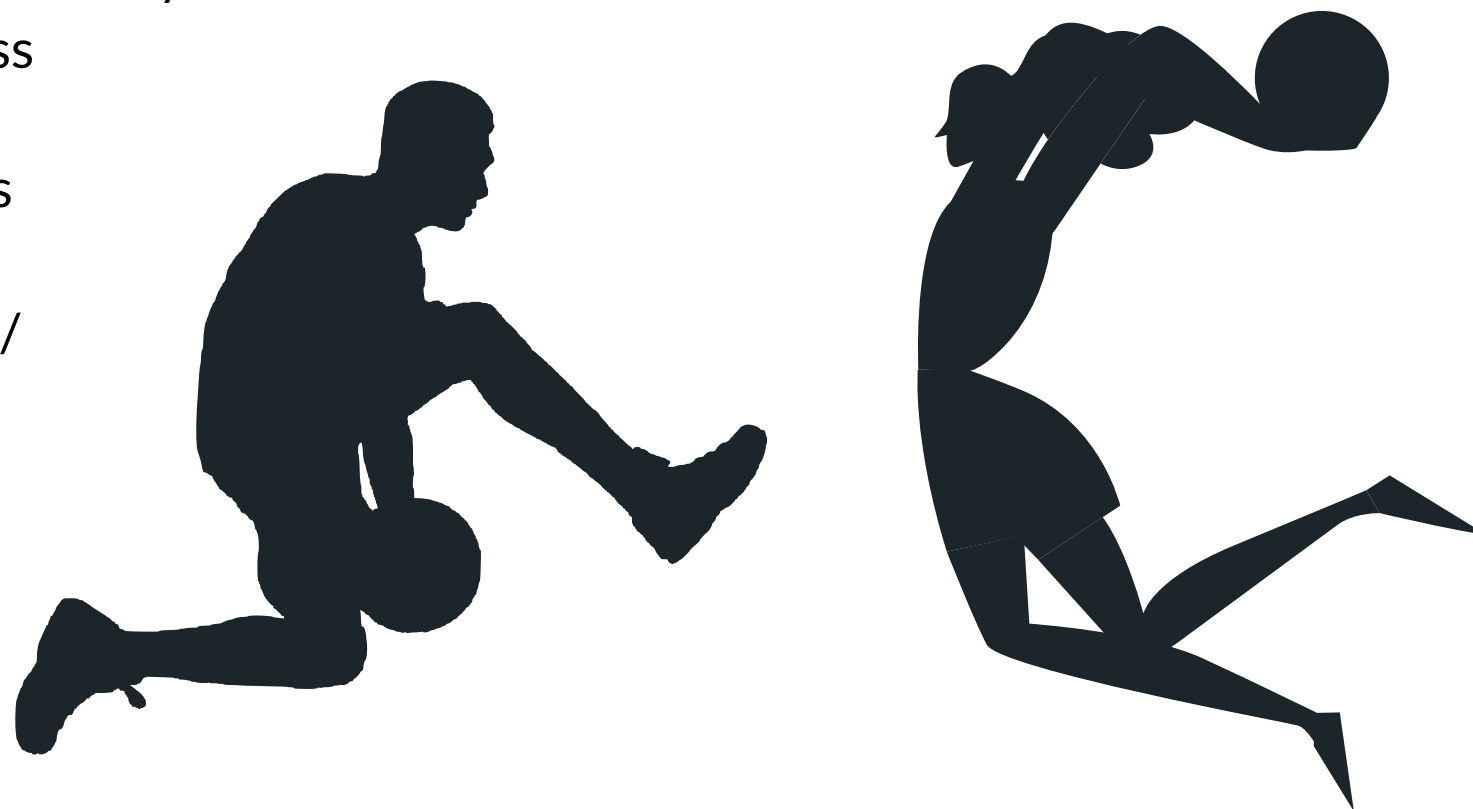
Frequent colds & illnesses

Difficulty building muscle/
making weight

Changes in digestion; IBS
symptoms

Loss of sex drive

Poor performance



Reduced concentration and
coordination

Poor sleep

Recurrent injuries/
stress fractures

Irregular or absent
periods in women

Prolonged recovery

Train smarter, not harder

ARE YOU OVERTRAINING? If you are experiencing any of these symptoms, consider whether you are meeting your energy requirements. Are you eating enough calories and including sufficient carbohydrates to fuel your training sessions? Are you taking enough rest days? **Rest is as important as training.**

What to do?

It is important to talk to someone if you feel that you have symptoms of RED-S. Talk to your coach and get an appointment with your GP, who will be able to run tests to exclude any other medical conditions.

Your GP can refer you to specialist RED-S services:

www.nickykeayfitness.com/endocrinology | www.health4performance.co.uk

Why is it important?

- Injury prevention
- Protect bone health
- Hormone health and fertility
- Digestive health
- Cardiovascular health
- Immune health
- Psychological health
- Performance

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Basketball poster created by Simon Ahmed | hrmbasketball.com