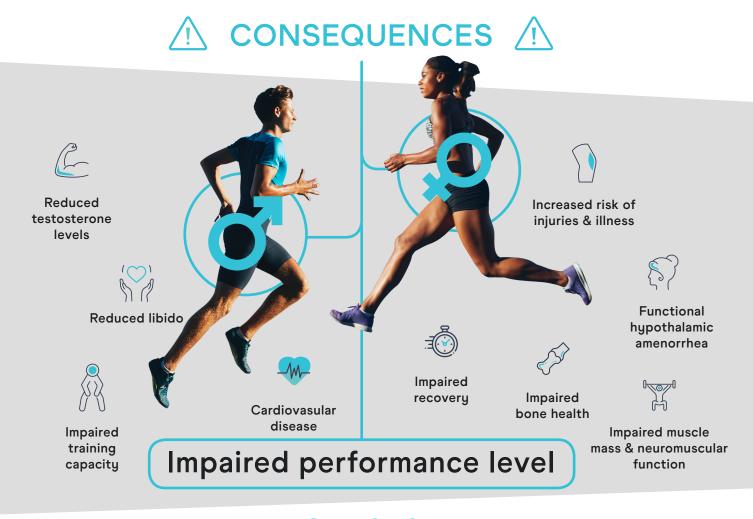
LOW ENERGY **AVAILABILITY** IN ATHLETICS



Many athletes deliberately decrease energy intake and/or increase energy expenditure to achieve weight/body fat losses and optimize their performance. This low energy availability may have deleterious impacts on health and performance.



CAUSES



Disordered eating behavior



Time constraints



Intentional alterations in body mass or body composition



Appetite changes

SOLUTIONS



Preventive educational programs & screening



Increasing energy intake



Team approach including a sport physician, dietitian, physiologist & psychologist



Decreasing training load

