

**PROJECT  
REDS**



# REDS: WHAT YOU NEED TO KNOW

FOR PREVENTION,  
EARLY IDENTIFICATION,  
BETTER PERFORMANCE,  
BETTER HEALTH.

**Relative Energy Deficiency in Sport (REDs)** occurs when your body doesn't get enough energy to support training, recovery, AND daily life. This can impact your performance, health, and long-term well-being.



## Why it happens

### UNDER-FUELING:

Restricting food, poor timing of nutrition, underestimating energy needs

### OVERTRAINING:

Pushing hard without enough rest

### STRESS:

Balancing studies, social life, and sport

## Signs something's off

### PERFORMANCE:

Restricting food, poor timing of nutrition, underestimating energy needs

### HEALTH:

Pushing hard without enough rest

### MOOD:

Balancing studies, social life, and sport

**FEMALES:** Missed or irregular periods •

**MALES:** Fewer than 3 morning erections per week



## Who's at risk

- Athletes in high-energy sports (e.g. running, swimming, gymnastics)
- Those focused on weight, or appearance
- Anyone training hard without getting enough fuel or recovery

## What can you do?

### FUEL RIGHT:

Eat carbs, snack between meals, refuel after workouts

### REST UP:

Sleep 8+ hours, take rest days seriously

### SPOT ISSUES EARLY:

If something feels off, talk to someone!

## Who can help

### ATHLETIC TRAINERS (ATs):

Your go-to for injuries and concerns

### HEALTHCARE PROVIDERS:

For medical check-ups and bloodwork

### SPORTS NUTRITIONISTS:

To build a fueling plan

### SPORTS PSYCHOLOGISTS:

For body image or mental health support