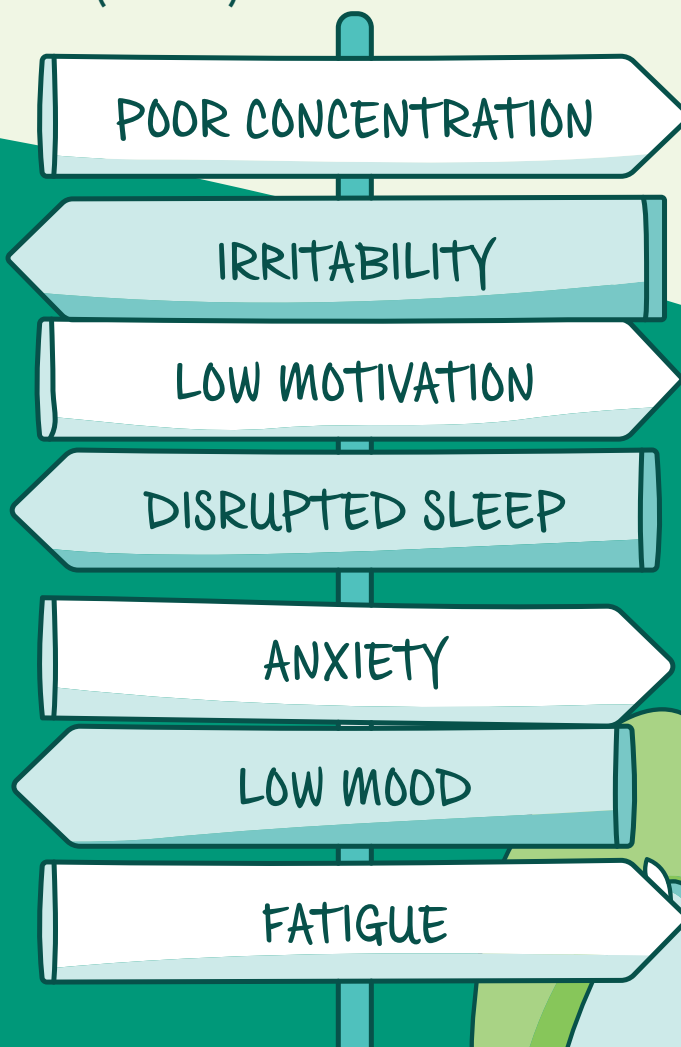


Do any of these statements apply to you?



If you agree with any, you could be at risk of under-fuelling and Relative Energy Deficiency Syndrome (RED-S)

Look out for these signs:



"I wanted to be skinnier and smaller"
US marathon runner

"I overheard a coach say 'You know why she crashed? Because she's too fat — that's why. How does she expect to compete like that?'"

US World and Olympic Champion Gymnast