

RED-S AND LEA IMPACTS

Bone Health Declines

Impaired Energy Regulation
& Metabolism

Reduced Cognitive Function

Reduced Muscle Function

Impaired Growth &
Development

Potential Mental Health
Struggles

Increased Injury Risk

Impaired Reproductive
Function

Decreased Coordination,
Endurance, and Energy



**STRONGER.
FASTER.
FUELED.**

Staying energized,
preventing deficits, and
maximizing performance
through education on
RED-S and LEA.

When: March 26th at 7:00 pm
Where: PCHS Lecture Hall

Increase energy and elevate
performance through the
knowledge of athletes and
professionals in the area.



WHAT IS LEA?

LEA stands for Low Energy Availability. It happens when fuel intake is too low to support optimal health, based on the amount of energy demanded by physiological function and daily activity. When LEA goes unchecked, it can lead to RED-S.

WHAT IS RED-S?

RED-S stands for Relative Energy Deficiency in Sport. It emphasizes the severe impacts that LEA can have on the body, leading to declines in health and performance over time. This encompasses bone health, endocrine dysfunction, menstrual cycle loss, and more.

WHAT CAN YOU DO ABOUT IT?



Fueling

Ensure that you are eating enough (carbs, fats, and protein) throughout the day to match energy expenditure, especially before and after training.



Awareness

Those who don't know that they are experiencing RED-S and/or LEA will not know how to get back to a state of optimal energy and performance.




Recovery

Allow for rest and recovery days and be mindful of when you are feeling fatigued, as exhaustion during training can often be a symptom of underfueling.



Changing the Culture

Call out sports culture that promotes unhealthy body standards and prides the loss of periods.



**RED-S AND LEA
CAN AFFECT
ANYONE, BUT
IT IS
ESPECIALLY
PREVALENT IN
FEMALE
ATHLETES**