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.

**CONSEQUENCES**

- Reduced testosterone levels
- Increased risk of injuries & illness
- Reduced libido
- Functional hypothalamic amenorrhea
- Impaired cardiovascular disease
- Impaired recovery
- Impaired bone health
- Impaired muscle mass & neuromuscular function
- Impaired training capacity
- Cardiovascular disease
- Impaired recovery
- Impaired bone health
- Impaired muscle mass & neuromuscular function
- Impaired performance level

**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

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