

REDs

Relative energy deficiency in sport

for you
**student
life**
by codarts

What is REDs?

REDs is a condition that occurs when a dancer or athlete does not consume enough energy (calories) to meet the body's energy demands. This can lead to health problems and decreased performance.

1 risk factors

- **Insufficient food intake** (intentional or unintentional)
- **High energy demands** due to intensive dance training hours
- **Pressure from dance culture** (aesthetic ideals, being thin)
- **Insufficient knowledge** about energy needs
- **Psychological factors** such as performance pressure and eating disorders

2 physical symptoms

- **Fatigue and low energy levels**
- **Delayed or absent menstruation**
- **Reduced testosterone production**, leading to muscle loss, fatigue, and lower libido
- **Decreased bone density**, increasing the risk of fractures
- **Slow injury recovery**
- **Higher risk of stress fractures**

3 psychological symptoms

- **Changed eating habits**
- **Fear of gaining weight**
- **Decreased concentration and motivation**
- **Anxiety**
- **Mood swings**
- **Depression**

4 effects on performance

- **Faster exhaustion** during dance training or rehearsals
- **Slower muscle recovery**
- **Increased susceptibility to injuries**
- **Decreased strength and endurance**
- **Reduced coordination, reduced focus, memory problems**, leading to a higher risk of injuries and poorer execution of choreography

5 conclusion

REDs has serious consequences for all dancers, regardless of gender, affecting them physically and mentally. Awareness and prevention are crucial to maintain a healthy and sustainable dance education and career.

6 what can you do?

- **Eat enough & stay hydrated**
- **Listen to your body** - rest is important!
- **Talk to a sports dietitian or sports doctor** if you experience symptoms
- **Be aware of unrealistic expectations and focus on health**