

# Relative Energy Deficiency in Sport (RED-S)

RED-S can result from not getting enough energy through what you eat, using too much energy through exercise, or both. It impacts your overall health and military readiness.

## What is it?

RED-S is diagnosis or concept that means **your body has too little energy available**. Available energy depends on **energy-in (food)** and **energy-out (exercise)**. Low energy availability can **affect your body** in these ways:

- Decreased endurance
- Increased injury risk
- Decreased training response
- Impaired judgement
- Decreased coordination
- Decreased concentration
- Irritability
- Depression
- Decreased muscle strength

**!** *Talk to your provider if you think you have these symptoms.*

## Why does it matter?

Military personnel with **high levels of activity** and physical appearance expectations are **at risk for RED-S**. Additionally, females are at greater risk, although any gender service member can have RED-S. Service members with too little energy available (those with RED-S) are **not able to perform at their physical or mental best**, impacting their health and mission readiness.

## What can I do about it?

**PREVENTION:** Balance your energy intake (food) with **energy output** (exercise). If you are participating in high-activity training or exercising a lot, make sure to consume enough calories through nutrient dense foods. Check out the [Navy Nutrition Program](#) on the Navy Personnel Command website for more information on healthy eating.

**TREATMENT:** Talk to your provider if you think you have RED-S or have noticed some of the symptoms. They can work with specialists in sports medicine, nutrition, and mental health to **create a treatment plan that is right for you**. Seeking help will **help get you back to peak health** and readiness.

