

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.

