



EATING DISORDER INFO FOR ATHLETES

Live RecoverED Nonprofit | Megan Lavin, DPT, M.Ed.

Eating Disorder Signs/Symptoms

- Intense fear of gaining weight
- Negative/distorted body image
- Skipping meals/fasting, restrictive eating, calorie counting
- Binge eating, emotional eating
- Purging, laxative abuse
- Weighing yourself often and/or obsessed with the number on the scale
- Feel out of control with eating
- Constantly worry about food, weight, shape, or size of your body
- Feel guilty, ashamed or disgusted after eating
- Intense guilt/shame with not being able to exercise, exercising despite injury or dangerous conditions
- Frequent checking in mirror for perceived flaws
- Eating only “safe” or “healthy” foods
- Hoarding food
- Decreased energy, speed
- More frequent injuries
- Slowed heart rate and blood pressure
- Increased sensitivity to cold- cold hands and feet
- Increased impatience, crankiness
- Increased isolation
- Difficulty with days off and tapering
- Avoiding eating with others
- Large changes in weight, both up and down
- Menstrual irregularities
- Difficulty concentrating
- Withdrawal from usual friends and social activities

Next Steps If You're Struggling

1. Reach out to a trusted individual
2. Get connected with a treatment team. (Ex: therapist, dietitian, physician, psychiatrist)
3. Be kind to yourself. Reaching out for help is so brave and strong.
4. Remember that full recovery is possible!

Reminders

1. Your body is unique and good just as it is, you're not supposed to look like any other athlete
2. Performance is affected by so many factors beyond weight --> You do NOT need to lose weight to improve performance
 - a. Rachele Schulist, Allie Kieffer, and Kara Bazzi have all gained weight and ran FASTER
3. You are so much more than a athlete
4. You matter, you were created on purpose for a purpose with wonderful gifts, talents, and abilities; the world needs you

Helplines

National Eating Disorder Association:
800-931-2237
Suicide prevention lifeline: 988

Contact

Website: liverecovered.org
Instagram: @liverecovered
Email: liverecovered@gmail.com