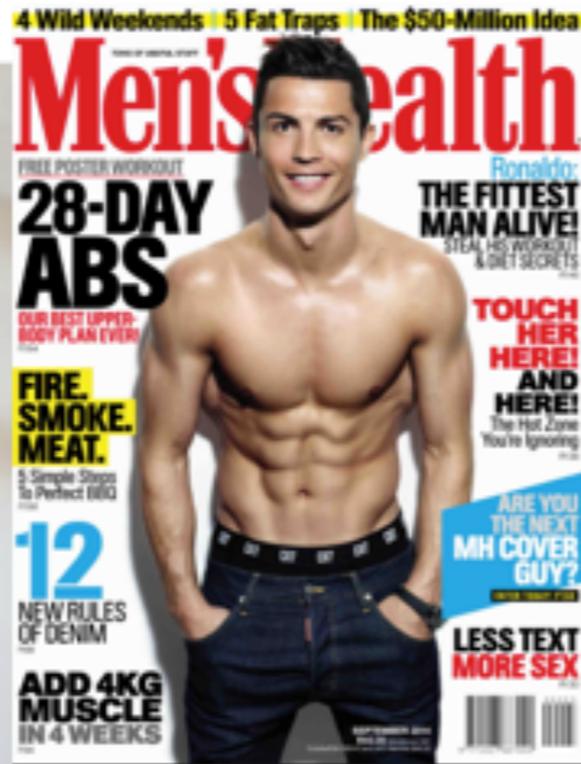


When “Healthy Living” Goes Bad

Renee McGregor and Holly Rush
Tuesday 21st November 2017

**What Does It Mean to Be
Healthy is 2017?**





WHO INFLUENCES YOUR FOOD CHOICE?

EAT

COLEEA



My Daily
Green
Juice

PRESENT TRENDS

plant based milks

sugar free

Gluten free

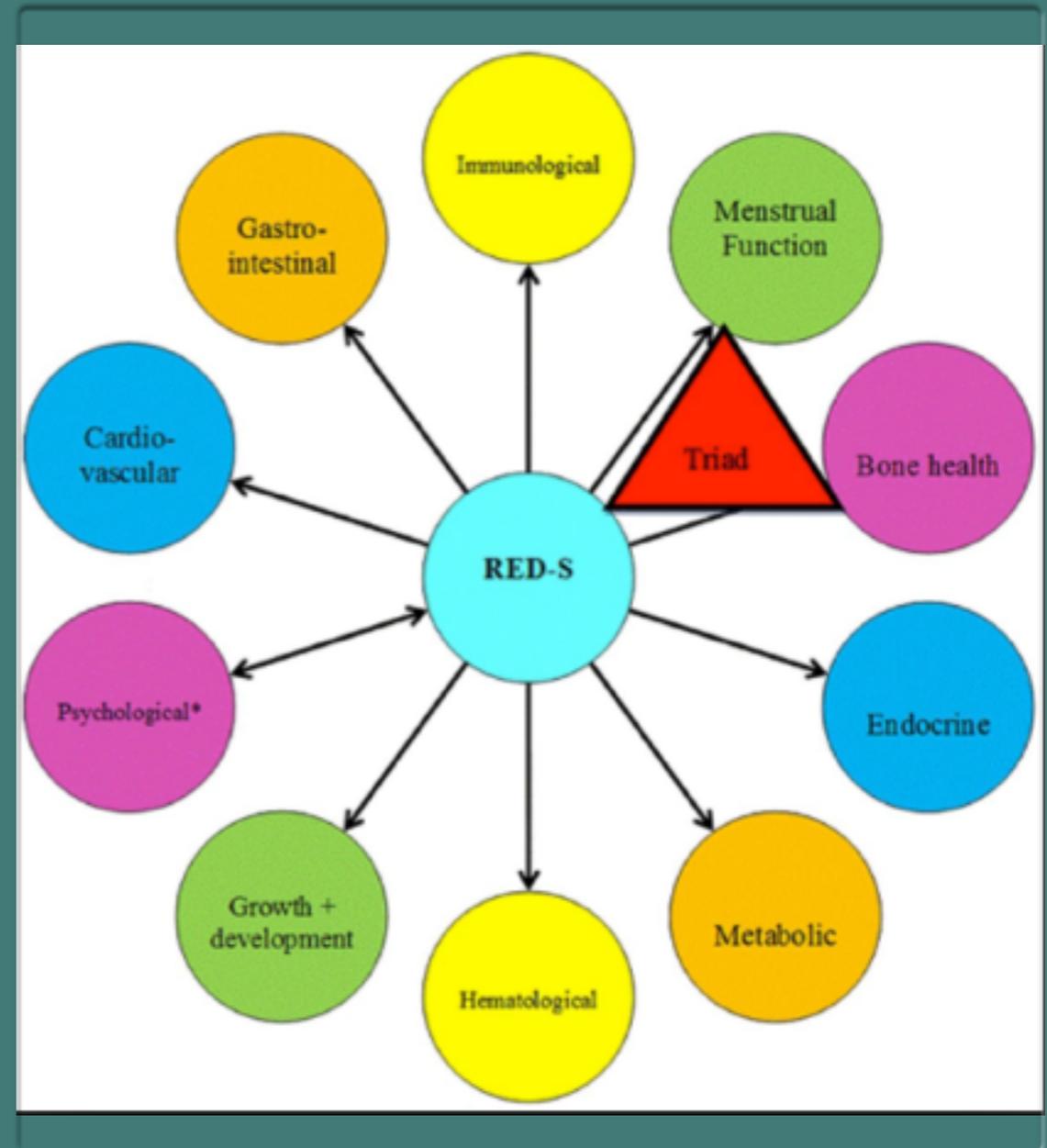
spiralised veg

	Unsweetened almond milk	Unsweetened soya milk	Skimmed cow's milk
Energy/Kcals	26	44	66
Carbohydrate/g	0.2	0.2	10
Protein/g	0.8	4	7
Fat/g	2.2	2.4	0.2

TABLE 1.3 Nutritional content of milks (per 200ml/7fl oz)

WHAT IS THE IMPACT OF #EATING CLEAN

- **Creates Anxiety**
- **Vitamin and Mineral deficiency**
- **Poor Performance**
- **Hormonal Imbalance**
- **Affects Bone Health**
- **Digestive issues**
- **Social Isolation**



**WHY DO ATHLETES LOOK TO
FOOD FOR THE ANSWER?**

PERFORMANCE PERSONALITY

- Ambitious
- Critical
- Determined
- Sensitive





THE ATHLETE MINDSET

WHATS REALLY GOING ON?

- *An ED is not about food or body image -these are just the symptoms of the underlying negative emotions that the individual does not want to deal with as it is too uncomfortable.*
- *There is no specific reason or a particular comment someone has made that causes an eating disorder.*
- *It is the accumulation of their experiences, their interpretation and perceptions, accompanied by their personality type that creates the perfect storm for an ED to develop.*
- *No-one chooses to have an ED and indeed, it is usually a gradual decline.*
- *What starts out as a way of "trying to improve" themselves through eating more nutritionally can soon turn into a dangerous and harmful illness.*

“It is hence then not surprising why the incidence of ED is such a common problem within athletes and high achievers. In order to be successful you do need to have that drive and determination but if you do not have the emotional resilience to deal with the failures and criticisms on the way, then this can become problematic and potentially detrimental to health.”

-Renee McGregor

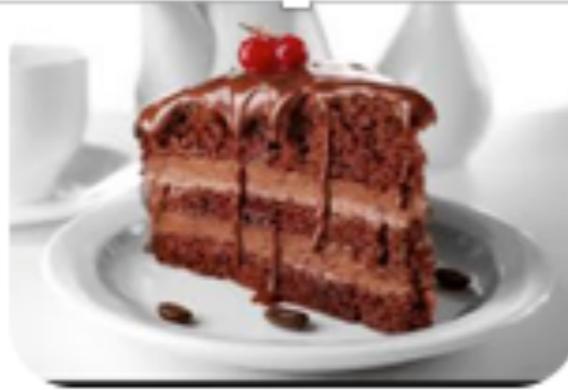
PRACTICAL MANAGEMENT OF AN ATHLETE WITH ED

1. MULTI-DISCIPLINARY APPROACH
2. REALISTIC GOALS
3. PHASED RETURN TO TRAINING
4. REGULAR MONITORING OF BLOODS, INCLUDING HORMONAL PROFILE AND BONE HEALTH
5. IF BONE HEALTH HAS BEEN AFFECTED, ENSURE APPROPRIATE DAIRY AND SUPPLEMENTATION OF VITAMIN D





Weight is Just a
Number



The World will
Keep Turning

talk to yourself
like you would
to someone
you love.

You Are Worthy



Our Bodies Are
Amazing

SELF ACCEPTANCE

ANY QUESTIONS?