



POSSIBLE SIGNS AND SYMPTOMS OF DISORDERED EATING

FOOD BEHAVIORS

- Avoiding food related social activities
- Secretly eating; hiding or stealing food
- Avoidance of water or excessive water intake
- Restrictive dieting and/or cutting food groups from diet
- Frequent use of restroom

EXERCISE BEHAVIORS

- Training more than coach or other experienced professional recommends
- Training in dangerous situations/unwilling to adapt training
- Inability to complete workouts/chronic low energy during workouts
- High level of anxiety when unable to practice or workout

BODY RELATIONSHIP BEHAVIORS

- Avoiding dressing in front of teammates or peers
- Resistance to recommendation for weight gain by experienced professionals
- Noticeable or rapid weight changes
- Talking about being fat despite being at a healthy weight or being underweight
- Changing clothing styles/hiding body or suddenly "showing off" body
- Frequent weighing

SOCIAL BEHAVIORS

- Social withdrawal from teammates, friends or family; isolation

PHYSICAL SYMPTOMS

- Cold intolerance
- Fainting, lightheadedness
- Irregular menstrual cycles
- Loss of concentration
- Dehydration
- Pale, dry skin
- Lanugo and/or hair loss
- Gastrointestinal problems

PSYCHOLOGICAL SYMPTOMS

- Depression and anxiety
- Irritability
- Hyperactivity
- Preoccupation w/ food and calories, weight, shape
- Compulsive, rigid thinking