

Sport-specific risk factors for eating disorders

- INJURY OR ANY TIME TRAINING IS STOPPED INVOLUNTARILY
- TRANSITION PERIODS (ex. moving to a more competitive level)
- COMMENTS/BEHAVIOURS OF COACHES/TEACHERS
(ex. comparisons, dieting/diet talk)
- PRESSURE TO OBTAIN THE "IDEAL" BODY TO FIT INTO
A SPORT'S STANDARDS
- PRESSURE TO OBTAIN AN "IDEAL" WEIGHT TO OPTIMIZE PERFORMANCE
- REVEALING COSTUMES OR UNIFORMS
- BODY CHANGES DURING PUBERTY THAT MAY IMPACT SPORT/DISCIPLINE