

Weight & Performance:

A few facts

Weight can influence performance, but weight loss does not necessarily result in an improvement in performance.

An attempt to lose weight can contribute to the development of an eating disorder in a predisposed athlete.

Weight is only 1 variable that can influence performance, among many other variables.

We have a limited control over our body weight. When we try to modify it too far out of its comfort zone, we risk negatively impacting other factors that affect performance (ex. sleep, recuperation, physical health, concentration, mood, self-confidence).

We generally have more control of the other factors that influence performance.

“ The optimal performance weight is an interval of numbers, in which an athlete feels good physically and mentally, performs well, and does not have excessive preoccupations with body weight or nutrition ”