

If You Think You Have a Problem

Remember . . .

- You deserve to get help and get better.
- You have a right to confidentiality. When you go for help, other people such as teammates and friends don't necessarily have to know unless you want them to.
- You are more than a number on a scale or body fat percentage. Gauge your competence as an athlete by your performance, your improvement, your ability to meet realistic goals rather than by calipers or a scale.
- Your disordered eating may have begun as an attempted solution to a problem; however, the "solution" has now become the problem.

Do . . .

- Tell an adult you trust: Coach, Trainer, Nutritionist, Parent/Guardian, Psychologist, Counselor or Physician.
- Utilize options available to you in order to educate yourself about your body's needs:

Learn about proper nutrition.

Learn about ways to maintain a normal menstrual cycle.

If you are involved in a sport: focus on total body composition, use an individualized training program, if weight loss or gain is necessary under the supervision of a nutritionist or physician.

- Accept professional help to learn more about yourself and your feelings as well as to regain perspective and balance regarding food intake and body image.
- Persevere: Small steps lead to big changes.

*Some information from: Renee M. Parker Ph.D., Sport Science and Technology Division.
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