



Low Energy Availability and Relative Energy Deficiency in the General Population and Athletes

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Message from the Guest Editor

Dear Colleagues,

Despite the importance of optimal nutrition for health and athletic performance, many athletes fail to match their energy intake to their exercise energy expenditure. Consequently, these individuals are at risk of low energy availability (LEA) and relative energy deficiency in sport (RED-S). LEA and RED-S are among the leading contributors to athletic illness and injury, with the potential ramifications having detrimental short- and long-term effects, i.e., disrupted resting metabolic rate, reductions in bone mineral density, suppressed immune responses, and increased risk of mood disorders, disordered eating, and mental health conditions. This Special Issue, “Low Energy Availability and Relative Energy Deficiency in Sports”, welcomes manuscripts related to elite competitive but also non-elite, athletic populations, with a focus on the assessment of the psycho-physiological variables associated with these conditions. Experimental papers, review articles, and commentaries are all welcome.

Dr. Ifigenia Giannopoulou

Guest Editor





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