

HIGH PERFORMANCE DOESN'T HAVE ONE LOOK



**"You look great!
Have you lost weight?"**

The intention of the comment doesn't cancel out the impact.

These type of comments are linked with body dissatisfaction, dieting and disordered eating behaviours.

// When people compliment my body, it makes me feel bad because what if my body changes? Now I feel like I must maintain a certain body. //

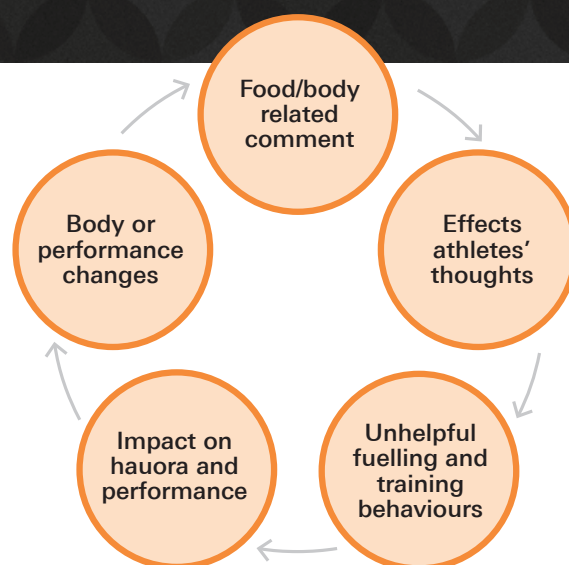
WHY THIS MATTERS

Comments about food may be common in a sports environment, but opinion does not make them evidence-based, harmless, or supportive of performance. In addition:

- Appearance praise gets mistaken for performance feedback.
- Performance culture can overvalue leanness and/or muscularity.

SHIFT or PRESS PAUSE on food and body comments:

Keep the focus on the athlete's performance rather than their appearance. This helps uphold mana, and protect athlete dignity.



Rather than this...

"Are you training for a marathon?
That's a lot of food for a sprinter!"

Praising someone for
eating "clean"

"Is that all you're eating?"
"That's a lot of food!"

"Athlete X's body doesn't
fit this sports stereotype"

Try this instead...

Avoid commenting on athletes
food choices.

Ask about their day, training,
or how they're feeling instead.

Trust people to know what they need. Avoid
making assumptions and projecting your own
beliefs about food or nutrition.

"High Performance doesn't have one look."
Keep the focus on effort, skill or performance.

