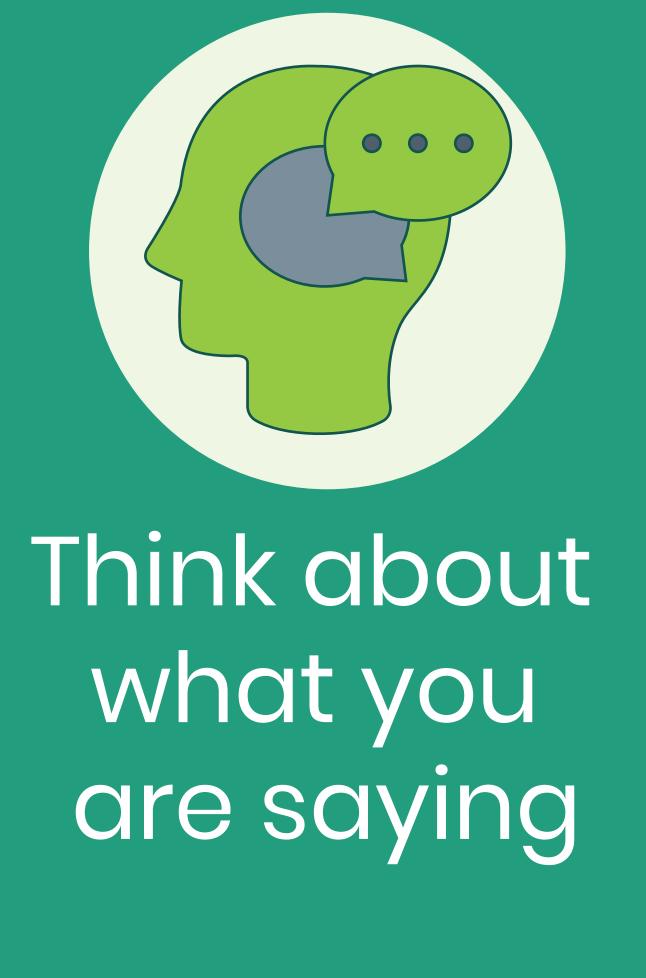


Unhelpful comments and phrases



Considerations for communication around weight and body composition



weight



Plan when you are going to say it



Have conversations in private

of ideal may

not be reality

Athletes should remember

