



# COMMUNICATION ON WEIGHT AND BODY COMPOSITION

## Unhelpful comments and phrases

Lighter makes you faster

Sounds like someone needs to give the burgers a rest

You don't look like an athlete

Step away from the buffet

You're too heavy

Fat doesn't fly

You have wintered well

You'll never win anything at that weight

## Considerations for communication around weight and body composition



Think about what you are saying



Plan when you are going to say it



Have conversations in private

## Athletes should remember



Being the leanest athlete does not make you the best performing athlete



The number on the scales is not the sole determinant of performance



Someone telling you that you look healthy is not a bad thing



Your perception of ideal may not be reality