



RAPID CHRONICLE

In this Rapid Chronicle,

We celebrate Saneet D, currently ranked No. 1 badminton player in the Nationals, our lifestyle client Ganesh Aryan, new additions to the RSF family Beverley Lobo and Anna Vallayil, & Dr. Shruti's study on: Understanding and managing RED-S prevention.

ATHLETE SPOTLIGHT

SANEET D ***RSF ATHLETE***

Celebrating Saneet D, currently ranked No. 1 badminton player in the Nationals, whose recent victories include leading Karnataka to its first national title in nearly five decades.

His impressive track record this year also includes wins at the Yonex Sunrise VV Natu Memorial and the All India Senior Ranking Tournament in Bangalore, along with bronze medals at the Victor Türkiye International Challenge and the 38th National Games.

Saneet has been training with RSF for the last 2.5 years, and his dedication and success serve as a profound source of inspiration for our community and young athletes.

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GANESH ARYAN

ATHLETE SPOTLIGHT

Ganesh Aryan, an avid and experienced runner, joined us just over a year ago, burdened by multiple long-term injury niggles that were impeding his running progress. He began with a thorough assessment and injury screens, followed by a rehabilitation program. Gradually, he progressed to S&C and return-to-run protocols. Now, a year later, we are at the marathon stage, and it's a joy to watch him perform. He is currently preparing for a 50k ultra trail run in the next couple of weeks, and we cannot wait to see him excel.

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Looking to take your fitness to the next level and unlock your full potential? RSF is the ultimate destination for all your fitness needs.

With over 20 years of running experience and extensive exposure to top-tier gyms, I can confidently say that nothing compares to the unique training methodologies and extraordinary workout programs offered by RSF. Whether you're an athlete aiming to enhance performance, a fitness enthusiast striving for peak conditioning, or someone looking to build strength and endurance, RSF provides personalized and results-driven coaching. Highly recommended for those serious about pushing their limits and excelling in their sport!

A NOTE BY GANESH ARYAN

I have been into running for over 20 years, having completed multiple half, full, and ultra marathons while maintaining good fitness. However, the last couple of years have been particularly challenging due to injuries and persistent sciatica pain. The situation worsened to the point where I struggled to run even 7-8 km at a stretch.

The Tata Mumbai Marathon (TMM) last year was a further setback, as I had to stop mid-race due to severe pain—my first-ever unfinished race since I started running. On top of that, gaining extra weight made things even more difficult.

Amidst this struggle, I was fortunate to meet Mr. Chelston Pinto from RSF (Rapid Sports Fitness) in Bangalore. They follow a unique approach to fitness analysis. After my initial discussions with Chelston, I was referred to Dr. Tarundeep, who conducted a comprehensive assessment of my muscle strength and overall fitness. He meticulously worked on strengthening every minor and major muscle group, something I had never experienced before.

The results were visible within a month. My strength and endurance improved significantly, and soon, things started falling into place. In fact, I now feel stronger than ever. Recently, I successfully completed TMM with a good timing, and I have a few more races lined up in the coming months.

I would like to express my sincere gratitude to RSF for their incredible support and guidance. I truly wish them continued success. As for me, I am committed to staying with them and continuously improving my performance!



*Ganesh Aryan, in action,
at a marathon.*

FUELING PERFORMANCE: UNDERSTANDING AND MANAGING RED-S PREVENTION

Relative Energy Deficiency in Sport (RED-S) is a critical yet often overlooked factor in athletic performance and overall health. It occurs when an athlete's energy intake is insufficient to meet the demands of their training and daily living, affecting physiological functions such as bone health, immunity, and hormonal balance.

Relative Energy Deficiency in Sport (RED-S) is more than just a nutritional issue—it's a performance and health game-changer. Defined by the International Olympic Committee in 2014, revised in 2023, RED-S arises from low energy availability (LEA), a state where energy intake (EI) minus exercise energy expenditure (EEE) fails to meet the body's basic needs, especially relative to fat-free mass (FFM). In its essence, Relative Energy Deficiency in Sport (RED-S) can develop when athletes, regardless of gender, overtrain or under eat for extended periods in an effort to enhance performance, often unaware of the risks associated with not replenishing the energy they expend through training, competing, and daily activities.

Chronic or acute LEA disrupts essential physiological and psychological functions, leading to a cascade of adverse effects, including hormonal imbalances, reduced bone density, impaired immunity, and mental health challenges. Left unaddressed, RED-S can significantly diminish athletic performance and long-term health.

Mary Cain, the youngest U.S. track and field athlete to qualify for the World Championships, was a record-breaking teenage sensation in middle-distance running. While RED-S can arise from various factors, Cain attributed her experience to what she described as a "toxic external environment" and "abuse", which she said altered her perspective on sports. RED-S symptoms are especially prevalent in athletic cultures that glorify overtraining and restrictive eating or maintain unhealthy attitudes toward weight.



Even without overt abuse, subtle cultural pressures can lead athletes down a dangerous path. Athletes can internalize expectations from their training environment, such as staying at the gym longer than others, adding extra workouts, or cutting out foods considered unnecessary. These behaviours, often encouraged indirectly by coaches, contribute to their struggles.

The dangers of overtraining and under-eating are still frequently overlooked. A 2023 UK Athlete Health survey revealed that over one-third of female athletes had ignored missed periods, mistakenly believing the condition was normal or even advantageous.

Spotting RED-S:

- Persistent fatigue
- Recurrent injuries
- Menstrual irregularities in females
- Mood swings
- Declines in training capacity

Screening tools like the RED-S Risk Assessment Model and close monitoring of energy availability can help detect issues early. Effective management of Relative Energy Deficiency in Sport (RED-S) involves several key strategies. Ensuring adequate nutrition is essential, with energy intake (EI) balanced against exercise energy expenditure (EEE) to maintain optimal energy availability. Regular monitoring using tools like fat-free mass (FFM) assessments and screening models helps detect and address issues early.



CONCLUSION: A HOLISTIC APPROACH IS ALSO CRUCIAL

Involving collaboration with a multidisciplinary team that includes dietitians, physiologists, and mental health professionals. Additionally, educating athletes about the importance of energy balance and its impact on performance empowers them to make informed decisions to optimize their health and athletic potential.

RED-S isn't just about fuelling for sport—it's about long-term health and peak potential. Identifying and addressing it early ensures athletes stay healthy while achieving their goals.

Dr. Shruti Nair
Physiotherapist

Starting January on a positive note!

FOUNDER'S NOTE

We opened our Jayamahal facility. The Republic Day workout was a fantastic opportunity for us to engage with our community, enjoy a power-packed workout, share some delicious breakfast, and rejuvenate with our recovery services.

We are excited to announce a few significant additions to our team management. Beverley Lobo joins us as COO, bringing years of experience in management and operations. We look forward to moving from strength to strength under her leadership. Additionally, Anna joins us as Client and Operations Administrator, ready to infuse our day-to-day operations with her energy and innovation. Alongside them, several interns have now earned full-time positions as Physios and S&C coaches. You will see them more frequently and interact with them regularly.

We bid farewell to Sneha, thanking her for her exceptional service of three years as she moves on to new opportunities. We hope the year has started well for all of you, and we look forward to continuing this journey of health, fitness, and performance with you throughout the year.

Chelston Pinto



SERVICES



ATHLETE PERFORMANCE



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