Overtraining and bone health

Athletes usually have higher bone mineral density than less-active individuals. A higher bone mineral density protects bones from fractures caused by a direct blow or a fall. However, overtraining and excessive exercise can put too much stress on bones, leading to small microfractures commonly referred to as stress fractures.

Athletes who do repetitive, high-impact motions, such as distance runners, are at risk for overtraining. Healthy eating habits and appropriate training regimens allow female athletes to grow in the fittest way possible while also positioning them to achieve their best in future endeavors.
Connecting bone health and menstrual cycles

When a female athlete is very active or does not consume enough calories, her hormones are affected, and this can lead to amenorrhea, or a lack of menstruation. Amenorrhea can cause decreased bone density, putting the athlete at greater risk for stress fractures and osteoporosis. To stay competitive, female athletes can optimize their bone health and reduce risk of injury by eating well and maintaining an appropriate training regimen.

How is bone health measured?

Athletes who suffer from multiple fractures or stress fractures may have an underlying bone disorder.

Eating for healthy bones

It is important for female athletes to eat a proper amount of healthful calories. Also, athletes should make sure they are getting sufficient amounts of calcium and vitamin D to help decrease risk of infectious illness, inflammation, impaired muscle function and stress fractures.