## Warning: weight cutting can seriously injure or kill you

Weight cutting is a dangerous practice where contestants rapidly lose weight before weigh-ins through excessive dehydration. Weight cutting causes many physical and mental side effects which can harm you in the short term and over the course of your career.

## **Health dangers of weight cutting**

- Decreased muscle strength/ endurance
- Heat illness
- Severe changes to body electrolytes
- Mood swings and mental changes
- Decreased kidney function

- Increased risk of brain injury
- Decreased heart and cardiovascular function
- Reduced energy utilisation, nutrient exchange and acidosis
- Blurred vision and dry eyes
- Loss of life

