



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