



Runninginsilence.org

***The 3 R's of Disordered  
Eating in Sports:  
One Athlete's Story of  
Recovery***

**Rachael Steil | Author, Speaker, Coach**



Photo: Jeremy Osbern





## RUNNING IN SILENCE

Rachael Steil clocked in as an All-American collegiate runner; she became a girl clawing for a comeback on a fruitarian diet. This year-long struggle with raw food ended when she realized she had to find her self-respect beyond her identity as a successful runner on a perfect diet. *Running in Silence* opens the door on the secret world of eating disorders. It provides vital insights for those who don't suffer from this disorder and an honest and harrowing personal story for those who do. Steil challenges the stigma of eating disorders, looks past appearance, and dives into the heart of obsession.

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Eating Disorders & Body Image  
Biography & Autobiography / Sports  
Retail Price US \$18.95



RUNNING IN SILENCE

My Drive for Perfection and the Eating Disorder That Fed It

RACHAEL STEIL

RACHAEL STEIL

FOREWORD BY PAULA QUATROMONI, DSc, RD

# RUNNING IN SILENCE

My Drive for Perfection  
and the Eating Disorder That Fed It

SECOND EDITION



“I haven’t thought about that.”



“I think it’s important to weigh athletes or track body fat.”

“I know it’s a problem but don’t know how to handle it.”



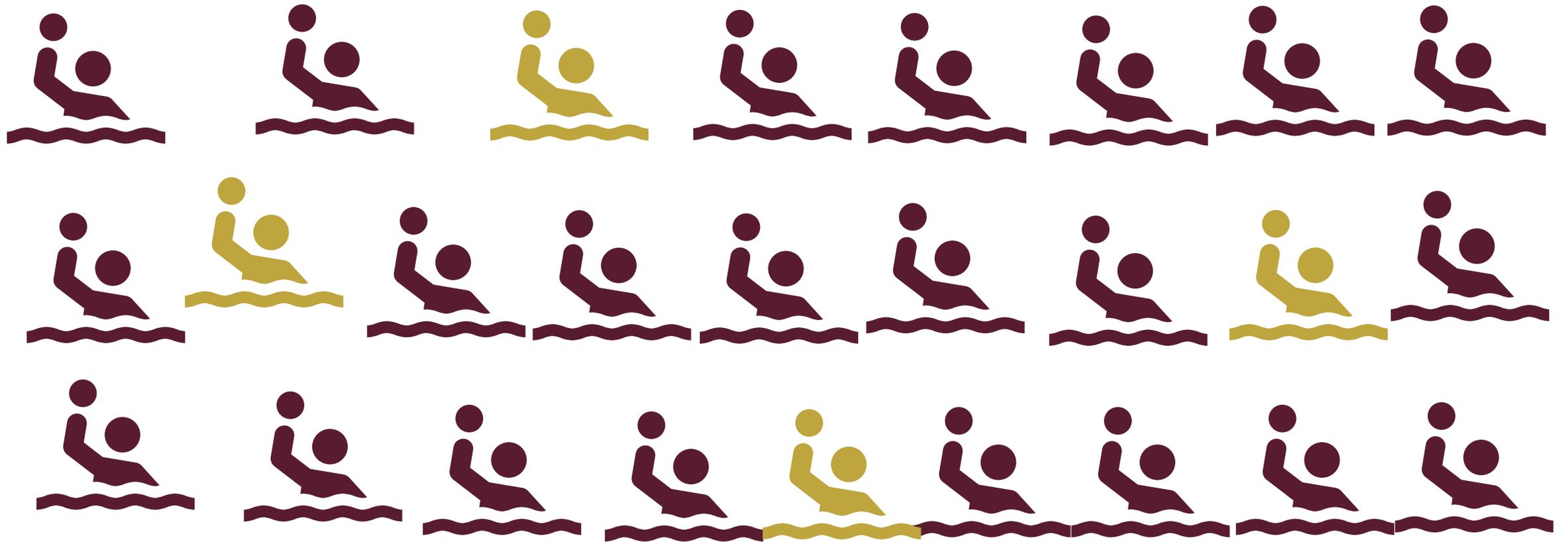
# 2-3 times

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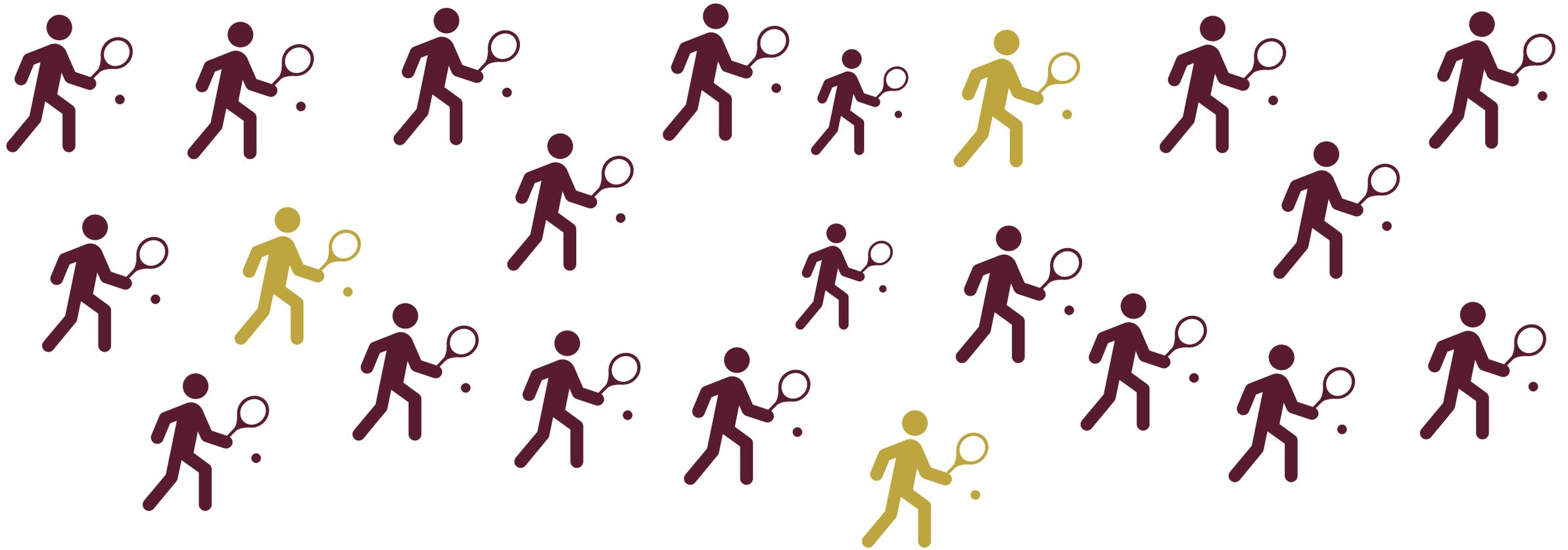




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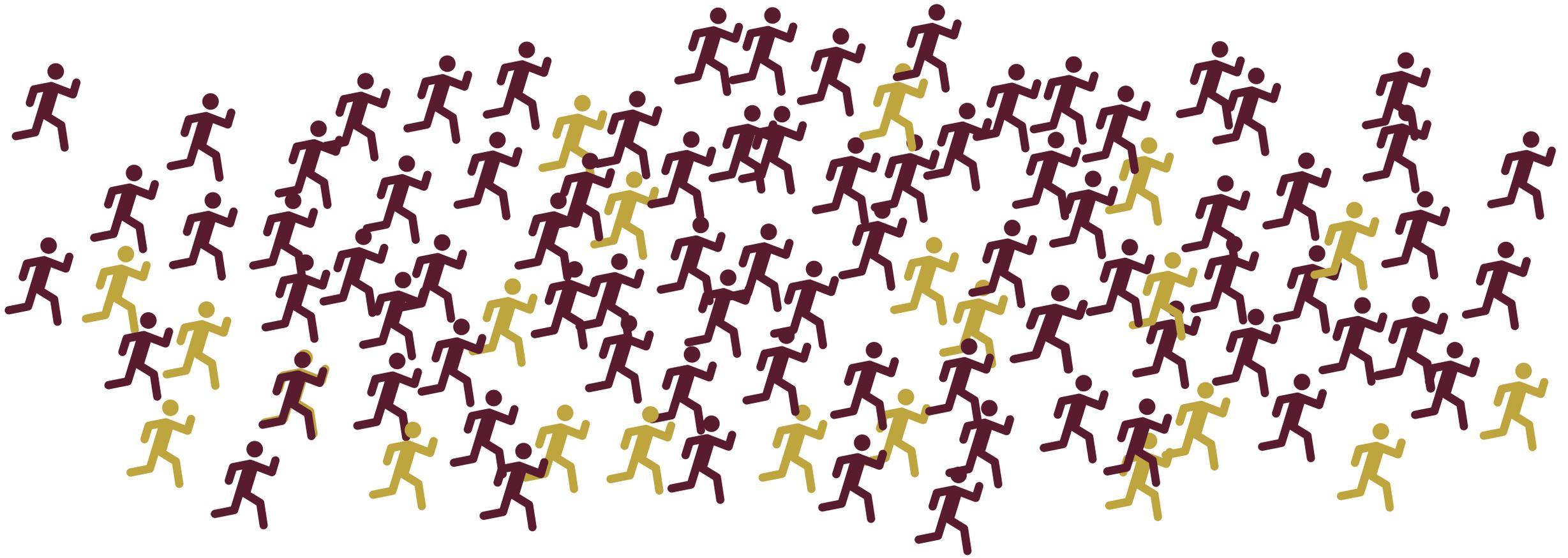




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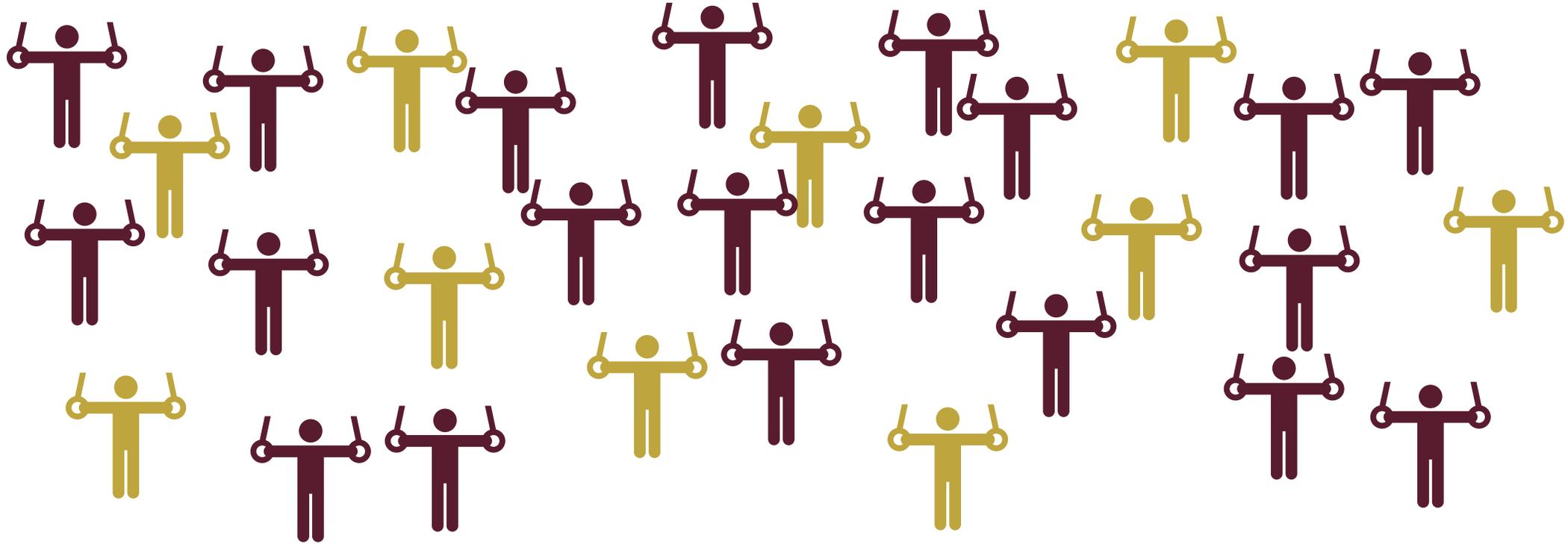




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Sport Nutrition for Coaches by Leslie Bonci, MPH, RD, CSSD, 2009, Human Kinetics. Byrne et al. 2001; Sundot - Borgen & Torstviet 2004

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**“Athlete well-being is part of  
a coach’s responsibility.”**

~Dr. Paula Quatromoni, CSD, RD



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▶ **Recognize**    ▶ **Receive Help**    ▶ **Recovery**

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# Recognition













# Weight Isn't Necessary

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**Breastfeeding Basics for New Moms**



**Sand, Surf and Great Eats**



**Food Shopping Safety Guidelines**



**6 Tips to Lighten Your Carbon Footprint**



**Keep Kids Out of the Clean Plate Club**





Meeting with the  
athletic trainer



# Receiving help









this is long, so you'll need to take some time

**I Steil** <xccheetachic012@aim.com>



Message-----

el Steil <[xccheetachic012@aim.com](mailto:xccheetachic012@aim.com)>

[il@gmail.com](mailto:il@gmail.com)

in 6, 2012 10:28 pm

this is long, so you'll need to take some time to read it all

I need to tell you all of this via email because it's hard to speak vocally about it unless I need to tell you too, because I've felt alone in it.

Ever since Angela started losing weight a few years ago, right before my senior year and for me because it thought that for my entire life I was always eating healthy.

Obviously you know that I know better than that now. Angela's weight loss was a turning point.

And once I did, things started improving. I wasn't sure about how much weight I was losing.

Running the fastest times I'd ever run in high school, and I ended the year on a high note.

That was a rough semester though, as you know. Now that I look back on it, I realize how much I had lost.

And how I went a few times without dinner after practice in an effort to lose more weight.

Down the anorexic path or anything, and it hasn't been until now that I realize how much I had lost.



*Say* something  
ask for *Support*  
if they can't support, ask for *Someone* who will

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Meeting with the  
athletic trainer

1

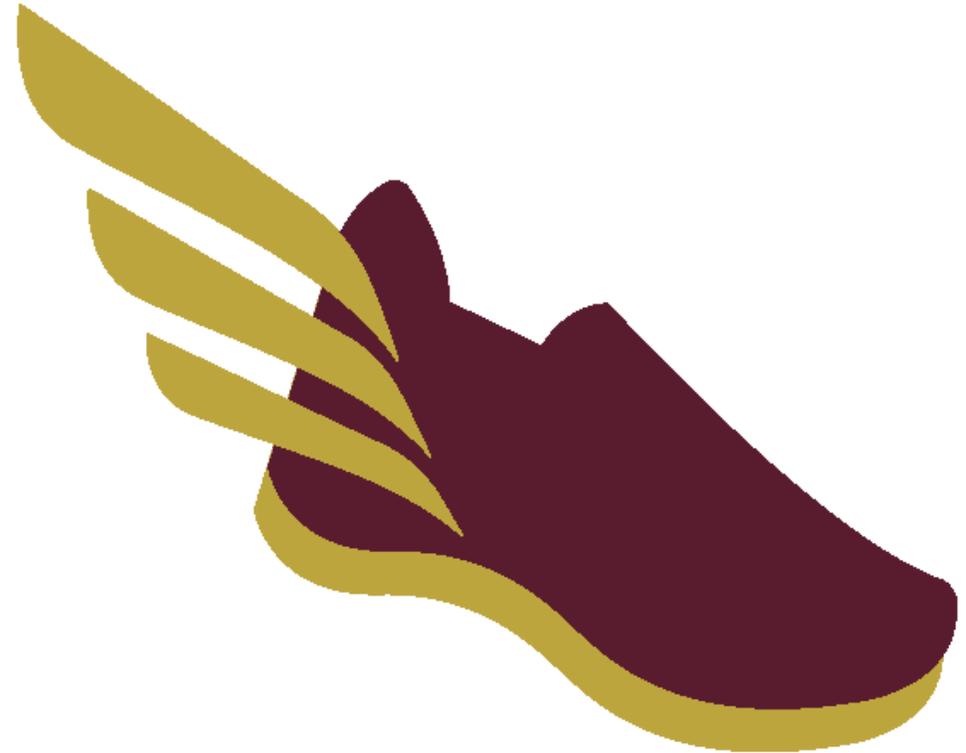
**Check in**

2

**2-3 behaviors**

3

**Willing to get help?**



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## What if an Athlete Denies Having a Possible Eating Disorder? Q&A with Dr. Paula Quatromoni

June 21, 2021 / in Coaching, Q&A / by Rachael

*This Q&A was originally part of the [second Q&A here](#), but is republished below to separate and make it easier to find questions/topics. This is part of a Q&A series with the leading expert in eating disorders and sports and registered dietitian, Dr. Paula Quatromoni. For more Q&As [click here](#).*



### TRENDING POSTS

[What I Eat in a Day in Eating Disorder Recovery](#)

[Q&A: "I'm a Runner Who is Binge..."](#)

["They Just Disappeared": Beyond Anorexia in Runners](#)

[What Questions About](#)

- Registered sports dietitian?
- Campus dietitian?
- Sports psychologists?
- Mental health counselors?
- Athletic trainers?

- Multidisciplinary eating concerns team?
- Athlete fueling stations?
- Ongoing nutrition education?
- Protocols to recognize & address disordered eating?

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# Recovery







***Fear***

***Embracing emotion***

***Experience something new***

***Triumph***

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# *What are the differences between a therapist, dietitian, and athletic coach?*

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# No . . .

- ▶ **Food-shaming, Body-shaming**
- ▶ **Weighing athletes**
- ▶ **Restrictive eating or dieting**

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- ▶ **Encourage 3 meals and snacks throughout the day**
- ▶ **US Dietary Guidelines are a great starting point**
- ▶ **Food isn't "earned" through workouts**

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RUNNING IN SILENCE

**Empowering the athletic community through eating disorder education and awareness so athletes can receive help and achieve their potential in both health and athletic performance.**

[WATCH THE VIDEO](#)



- Registered sports dietitian
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**Need a dietitian**, but can't afford one?

What if an **athlete denies** having a possible eating disorder?

Athletes **can't talk about food**?

Can coaches **tell athletes to lose weight**?

Should coaches weigh their athletes?

How can we **prevent eating disorders in athletes**?

What can coaches do **when athletes aren't fueling properly**?

How can a coach **support an athlete with an eating disorder**?

What can parents do if they notice eating disorder behaviors?

How can coaches **help underweight athletes gain weight**?

What can a coach do if an **athlete is resistant to eating disorder treatment**?

What can athletic staff do in eating disorder situations?

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