

# MANAGING BODY IMAGE ON RETIREMENT FROM SPORT

## 10 TIPS FROM OLYMPIANS

BASED ON RESEARCH BY PAPATHOMAS, PETRIE, MOESCH, NEWMAN, 2021



Seek support early, ideally before you retire



Accept the body will change and this is normal



Prepare a structured de-training plan



Be self-compassionate - allow your body the break it needs



Seek new sport and exercise experiences



Be thankful for what your body did, and still can do



Set a goal - but not necessarily a sporting one



Focus on physical health above physical performance



Speak to those who have been through it



Be patient - it will take time regardless of preparation



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