



PERFORM



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ENERGY AVAILABILITY

Energy availability (EA) is the amount of dietary energy remaining for essential functions (heart, brain, bone, etc.) after accounting for the energy expended during training.

SELF ASSESSMENT

Ask yourself the following questions to see if you may be in low energy availability:

1. DO I FEEL TIRED ALL OF THE TIME EVEN WHEN OBTAINING ADEQUATE SLEEP?

2. AM I EXCESSIVELY SORE AND FEELING LIKE I CAN'T QUITE RECOVER BETWEEN TRAINING SESSIONS?

3. IS MY PERFORMANCE FAILING TO IMPROVE AT THE RATE MY COACHES ARE EXPECTING?

4. IS MY MOOD LOW OR FLUCTUATING?

5. HAVE I HAD REOCCURRING INJURIES IN THE LAST YEAR?

6. HAVE I EVER HAD A STRESS FRACTURE?

7. AM I FREQUENTLY ILL OR SICK?

8. FEMALES: IS MY MENSTRUAL CYCLE IRREGULAR, LIGHTER THAN NORMAL, OR ABSENT?

9. MALES: IS MY LIBIDO LOWER THAN NORMAL?

If you answered "yes" to any of the above questions, talk to a sport dietitian, doctor, or another trusted individual about low energy availability.



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