

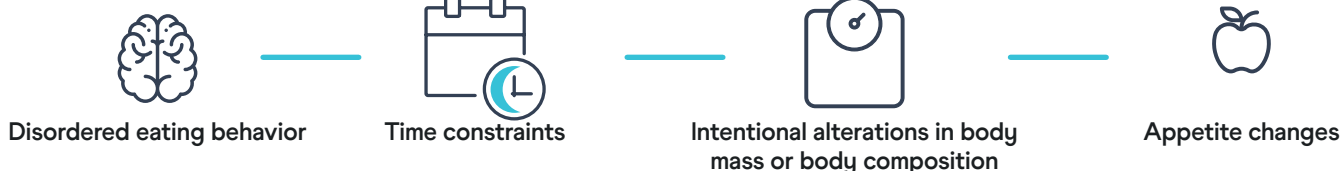
LOW ENERGY AVAILABILITY IN ATHLETICS

Many athletes deliberately decrease energy intake and/or increase energy expenditure to achieve weight/body fat losses and optimize their performance. This low energy availability may have deleterious impacts on health and performance.

⚠️ CONSEQUENCES ⚠️



CAUSES



SOLUTIONS

