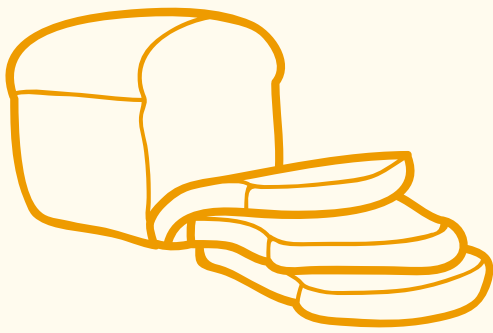


# ENERGY AVAILABILITY

## ENERGY AVAILABILITY IS IMPORTANT TO ATHLETES

Energy availability (EA) is the energy you have left over for your body to function *after* you take away exercise calories. People who train a lot (6+ hours p/w) need to make sure they are fuelling themselves for their training. Chronically undereating hampers performance and health.



## CARBS CONTRIBUTE TO ENERGY AVAILABILITY

Carbs are the primary energy source used for moderate to high intensity activity. Eating enough carbohydrates is important for the health of an athlete. This can be achieved through grains, fruits and vegetables, and starches, but there's also a time and place for sugar.

## LETTING EA DROP TOO LOW CAN HAVE DANGEROUS CONSEQUENCES

Drops in energy availability (due to undereating) that last for several weeks can negatively impact health and performance. This includes loss of bone mineral density, drops in cardiovascular health and output, fatigue, hormonal changes, low mood and other psychological distress.

