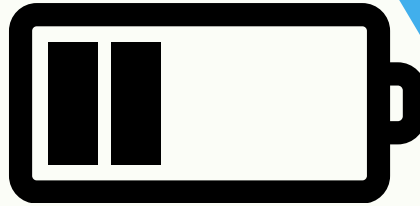


THE ATHLETE TRIAD/RED-S

LOW ENERGY AVAILABILITY -- HORMONAL DYSFUNCTION -- POOR BONE HEALTH

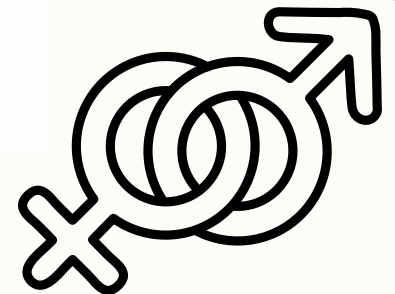
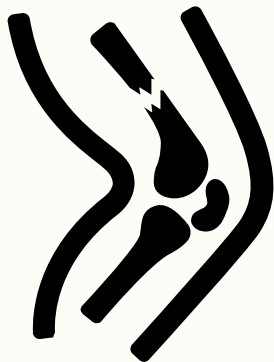
LOW ENERGY AVAILABILITY (LEA)

When calories from food - calories from exercise leave insufficient energy for basic bodily functions (like growth, repair & reproduction)



HORMONAL SYSTEM DYSFUNCTION

LEA interrupts hormonal system and can result in no periods and low testosterone



POOR BONE HEALTH

insufficient calories & nutrients coupled with low hormone levels hurts bone health and healing