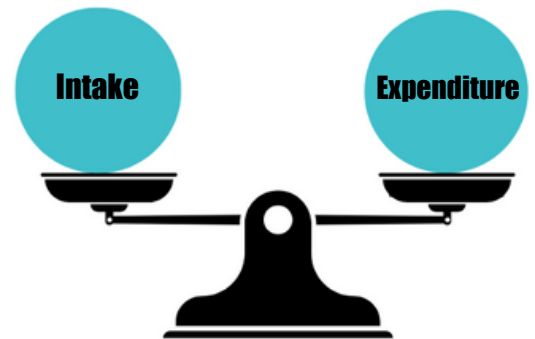


# ENERGY AVAILABILITY

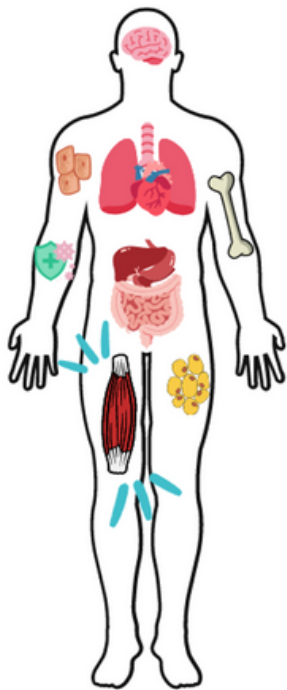
## WHAT IS ENERGY AVAILABILITY?

Energy availability is a calculation of the fuel available to keep your body functioning. It is measured as Energy Intake (the calories you eat) minus Energy Expenditure (how many calories you burn during the day). Your body requires energy not just for physical training but also for day-to-day activities such as brushing your teeth, waiting for the bus, or standing in the lunch line. We also require energy for sleep and digestion.



The goal is to keep in energy balance between energy intake and energy expenditure!

## WHAT HAPPENS IF WE ARE NOT IN ENERGY BALANCE?

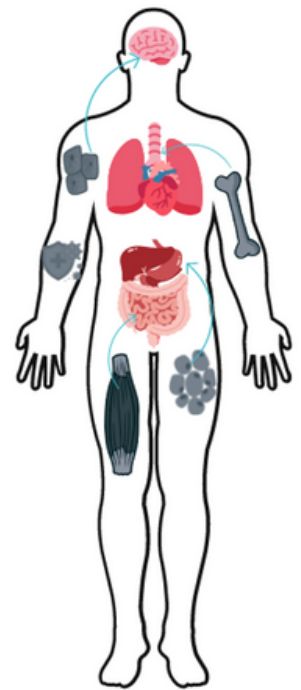


**Energy Balance**

Increased energy availability not only helps power essential bodily functions like breathing, heart and brain function, and digestion. It can

- fuel proper immune function
- maintain the health of skin, bones, and reproductive organs
- allow access to important body fat stores
- grow muscle to maximize athletic performance.

In a state of **severe starvation**, the brain and heart are considered the most important organs needed to survive. Because of this, the respiratory and the digestive system are compromised. Major negative gastrointestinal symptoms such as **diarrhea, constipation, or bloating** usually occur in this state of low energy availability.

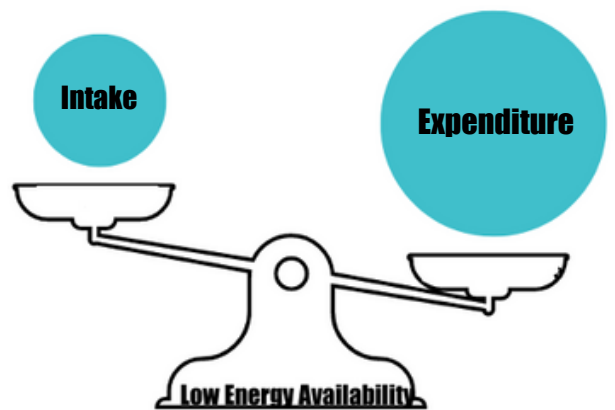


**Low Energy Balance**

# ENERGY AVAILABILITY

## WARNING SIGNS OF LOW ENERGY AVAILABILITY

- Changes in training without changes in fueling strategy
- GI Distress (diarrhea, constipation, gas, bloating)
- Poor recovery
- Cravings/changes in appetite
- Difficulty concentrating
- Recurring injuries (bone/soft tissue)
- Irregular/absent period
- Decreased strength and power



## HOW CAN I MEET MY ENERGY NEEDS? | START WITH BREAKFAST

Upgrade your oatmeal packet by adding peanut butter or Greek yogurt for additional protein and top with a piece of fruit. You can take it to the next level and prepare overnight oats for an easy grab and go breakfast option on busy mornings.

Try prepping a couple mason jars with: 1/2 cup dry oats, 1 scoop protein powder (or 1/2 cup yogurt), mixed berries, chia seeds, cinnamon and cover with 3/4 cup milk. Refrigerate overnight to enjoy throughout the week.



Looking for something more savory? Try preparing breakfast burritos. Scramble 5-6 eggs with spinach, breakfast sausage/bacon and cheese. Wrap in tortillas (tip: use 2 tortillas for more carbs or add beans/potatoes to boost your energy source) and place in ziploc bag in the freezer. Reheat for 2-3 minutes in the microwave and enjoy!



## ACTION ITEMS

Plan meal and snack times to optimize fuel opportunities throughout the day.

Identify your individual risk factors for low energy availability.

Visit with our Registered Dietitians to establish your own fueling strategies!