



WEIGHT AND BODY COMPOSITION

Body Fat & Muscle Mass



Are you?



Feeling pressure to be lighter

Frequently sick and/or injured



Always feeling tired

Struggling with body image



Struggling with confidence

Struggling to complete training sessions



Thinking about weight a lot

Could you be focusing too much on weight and body composition? If so, it may be time to speak to your support team.

Remember...

Weight and Body Composition is important but **NOT** the sole determinant of your performance

