



Weight and Body Composition Time to Refocus

Guidelines for Weight and Body Composition

Looks different for everyone – athletes should not be compared

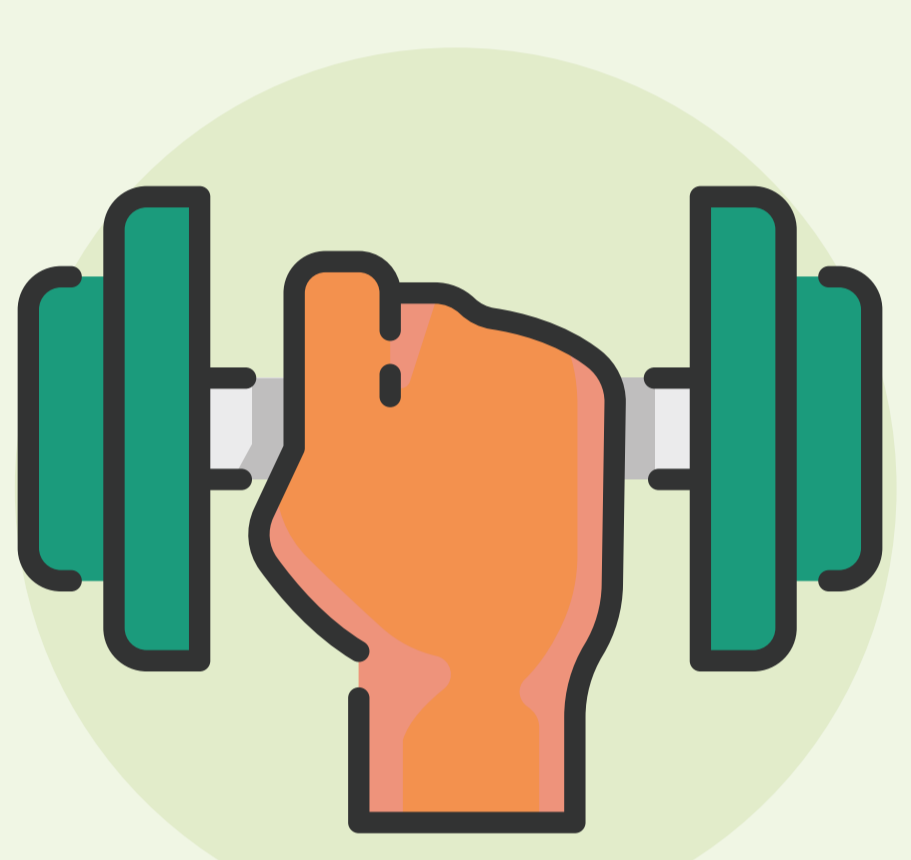
Individual variations are seen across the season

A slow and consistent approach should be taken when changes are required

All changes take time



It can be easy to focus on Weight and Body Composition, but focus on what we know helps performance



Optimal training and recovery



Energy intake needs to meet the demands of training



Fuel timing around training and competition



Manage stress



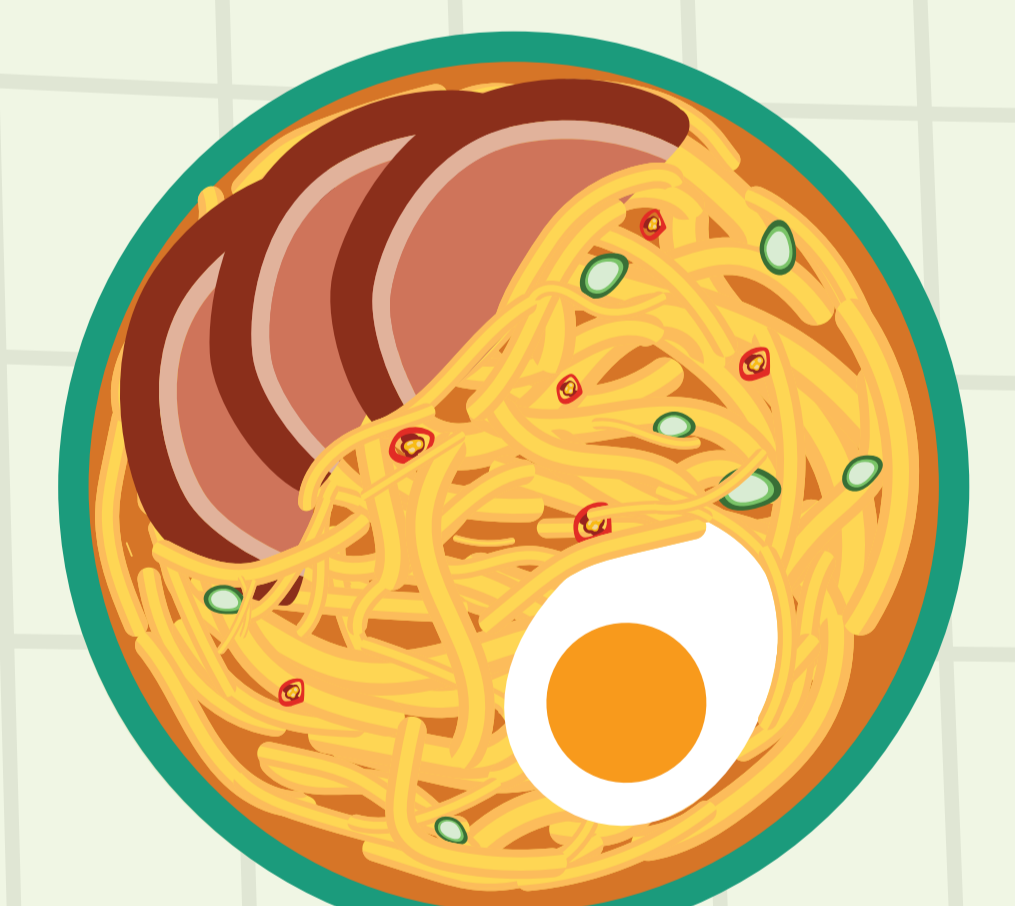
Adequate sleep



Life Balance



Staying hydrated



Healthy relationship with food

Things to act on to improve performance

- ✔ Eat consistently across the day and around training sessions.
- ✔ Spread protein intake across meals and hit carb target
- ✔ Stay on top of fluid intake
- ✔ Use preferred recovery strategies
- ✔ Adopt stress management techniques
- ✔ Sleep 7-9 hrs per night

