

EVERY BODY NEEDS FUEL AND RECOVERY. HEALTHY ATHLETES NEED MORE!

The human body requires fuel and recovery to support all the key body systems to achieve what you do every day and stay healthy.

Body Function Menstrual Cycle Training

Growth & Repair

Social

Study / Work

Total Load



+















Load

Recovery & Adaptation



Sleep



Active Recovery



Nutrition & Hydration



Proactive Health Maintenance



Emotional & Mental Strategies



Social Connections

