

STRONGER. FASTER. FUELED.

Staying energized,
preventing deficits, and
maximizing performance.



**APPROXIMATELY 80% OF FEMALE ATHLETES ARE
AT RISK FOR LOW ENERGY AVAILABILITY AND
RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S)**

**JOIN US IN THE PCHS LECTURE HALL ON MARCH
26TH AT 7:00 PM TO LEARN HOW TO OPTIMIZE
ENERGY AND LEVEL UP YOUR GAME**