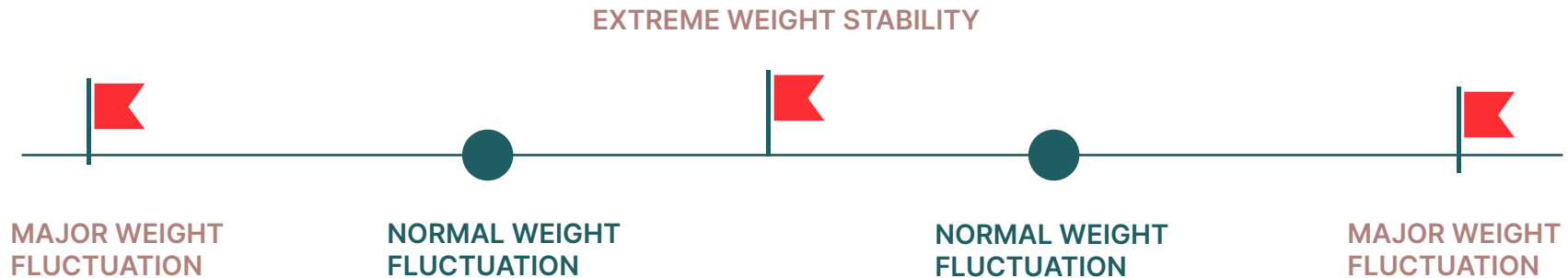


Understanding

normal weight fluctuations

As an athlete, variations in weight between competition/training periods, weeks, days and times of day are completely natural.



Weight fluctuations are normal for an athlete but trying to achieve a change that is too major will have negative consequences

An athlete must be able to accept normal weight fluctuations and not become attached to a specific weight