

ENERGY AVAILABILITY

Energy availability is "the amount of energy available to the body for physiologic and homeostatic processes, after accounting for energy expended through exercise".

Research suggests that the prevalence of low energy availability (LEA) is higher in female athletes than male athletes.

Adequate energy is important for physiological functions and systems



Immune system



Reproductive system



Hematological function

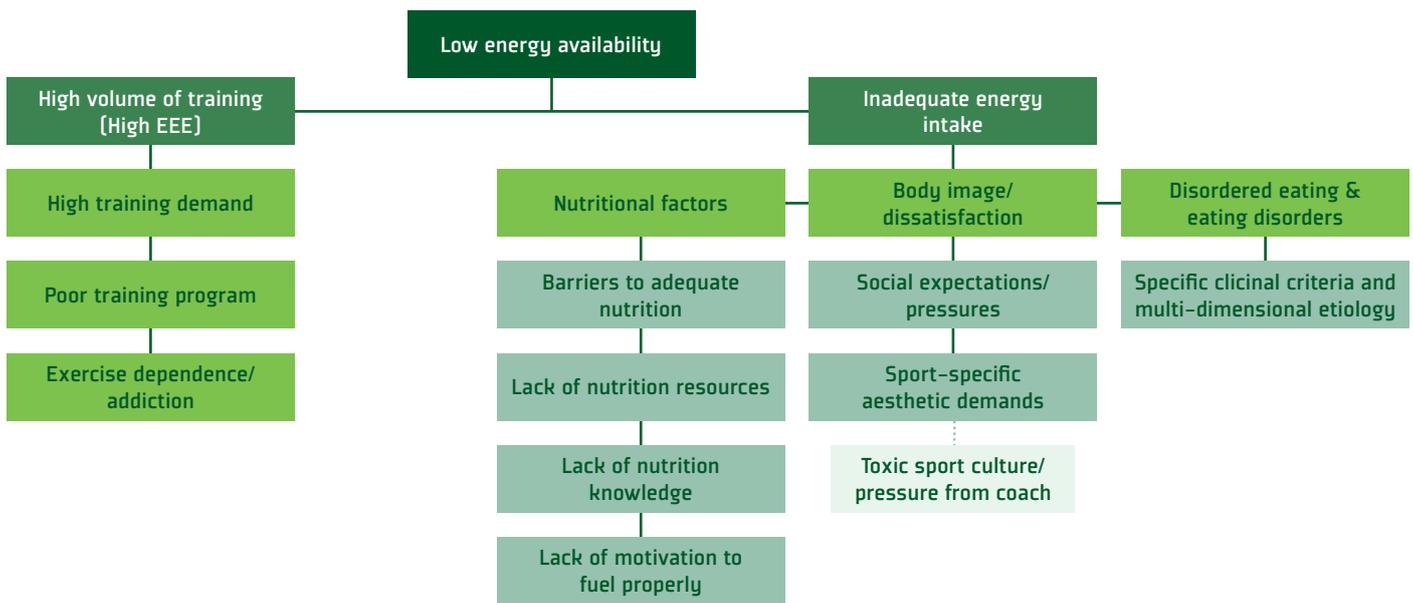


Neurocognitive function



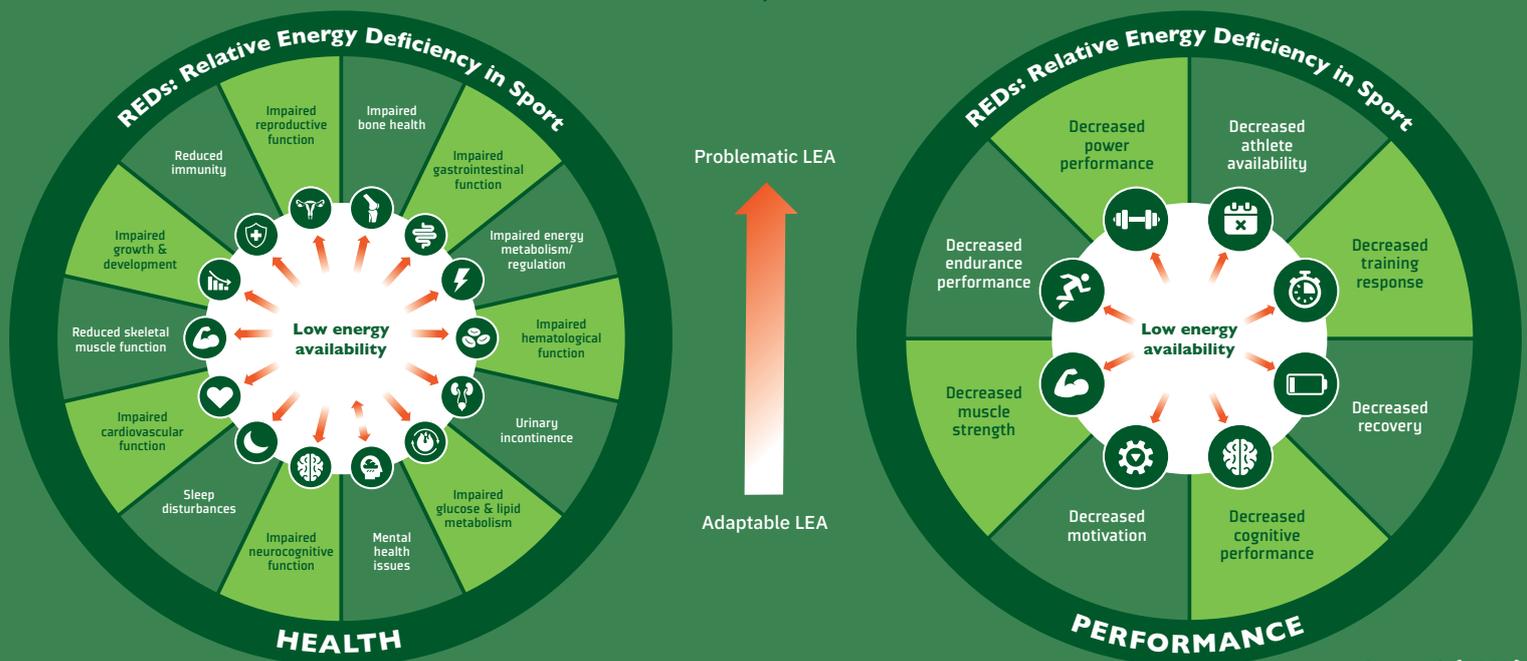
Cardiovascular function

Potential contributing factors to the development of low energy availability



Jagim et al. (2022)

Potential impacts of low energy availability



Mountjoy et al. (2023)

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