



PUBERTY & PERFORMANCE



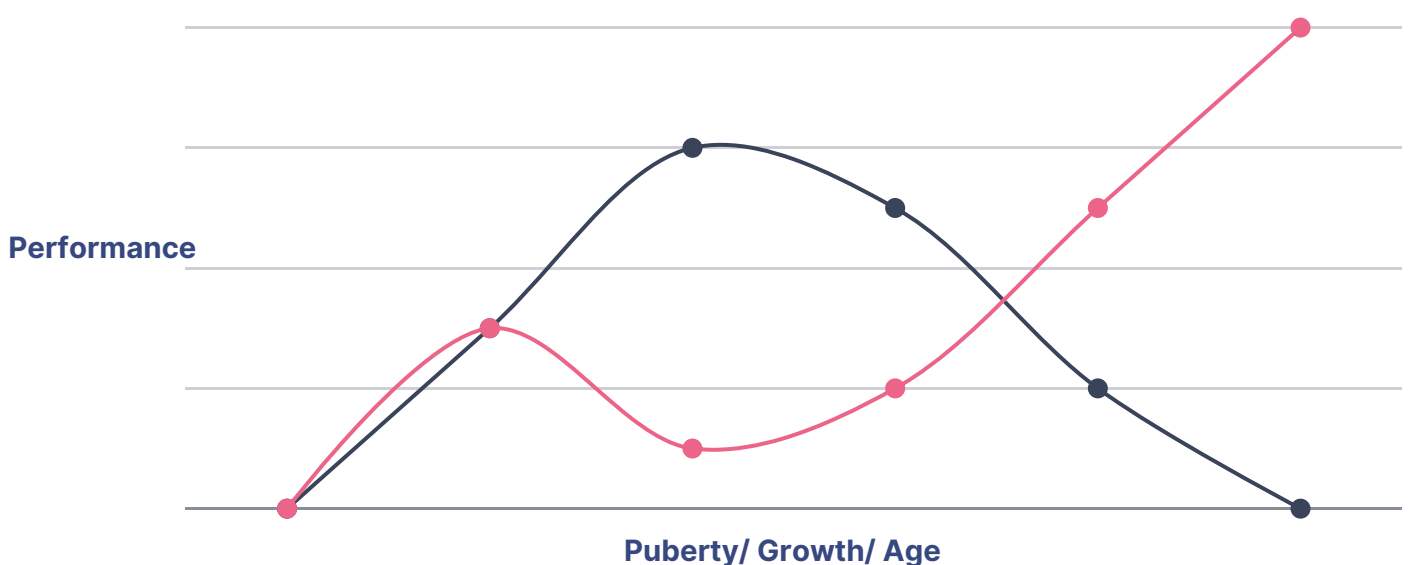
Play the long game

Puberty is essential to becoming a faster, stronger, and healthier athlete.

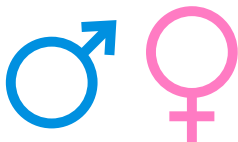
It is normal and expected to experience changes in body shape, sports performance and mind. This small dip in performance is essential for adaptation, growth and preparation for becoming a better athlete and improving performance + health.

Puberty & Performance

● Puberty & beyond ● Delayed puberty



BENEFITS OF PUBERTY



Oestrogen & testosterone rise =
helps build strong bones
(and overall health!)



Increased
strength and
power



Reduced
risk of injuries &
illnesses