



HEALTHY

&

F A S T

**THRIVING**

Happy

P o w e r f u l

**WINNING**

YOU

# KNOWLEDGE IS POWER

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## **BOTTOM LINE:**

girls & women are strong,  
capable athletes

No comparison trap

Understanding differences improves  
health & performance



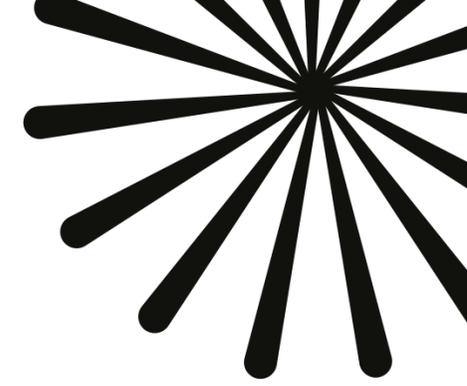
# ON DECK:

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Why?  
Periods  
Pressure  
Prevention



# WHY?

3.5 MILLION girls in US  
play sports , 2024-2025  
(NFHS, 2025)



Athletes:

report better grades

lower rates of depression

lower levels of self-derogation

higher levels of self-esteem

*compared to students involved with other  
extracurricular activities.*

Girls begin to drop out  
of sport around onset  
of puberty; not seen in  
boys (Scurr et al 2016)

# PERIODS ARE VITAL

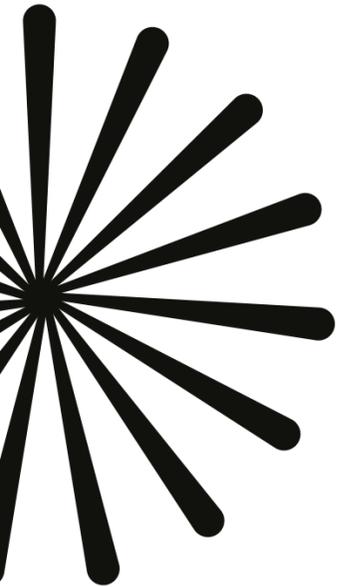
## **PERIOD = HEALTH**

Period = Energy Availability, sign of health

Not menstruating = 4.5 higher rate of injury (Heikura I. 2018)

Menstrual dysfunction highest among specialized athletes (Rauh, M. 2018)

All female high school runners should be screened for menstrual dysfunction (Rauh, M. 2018)

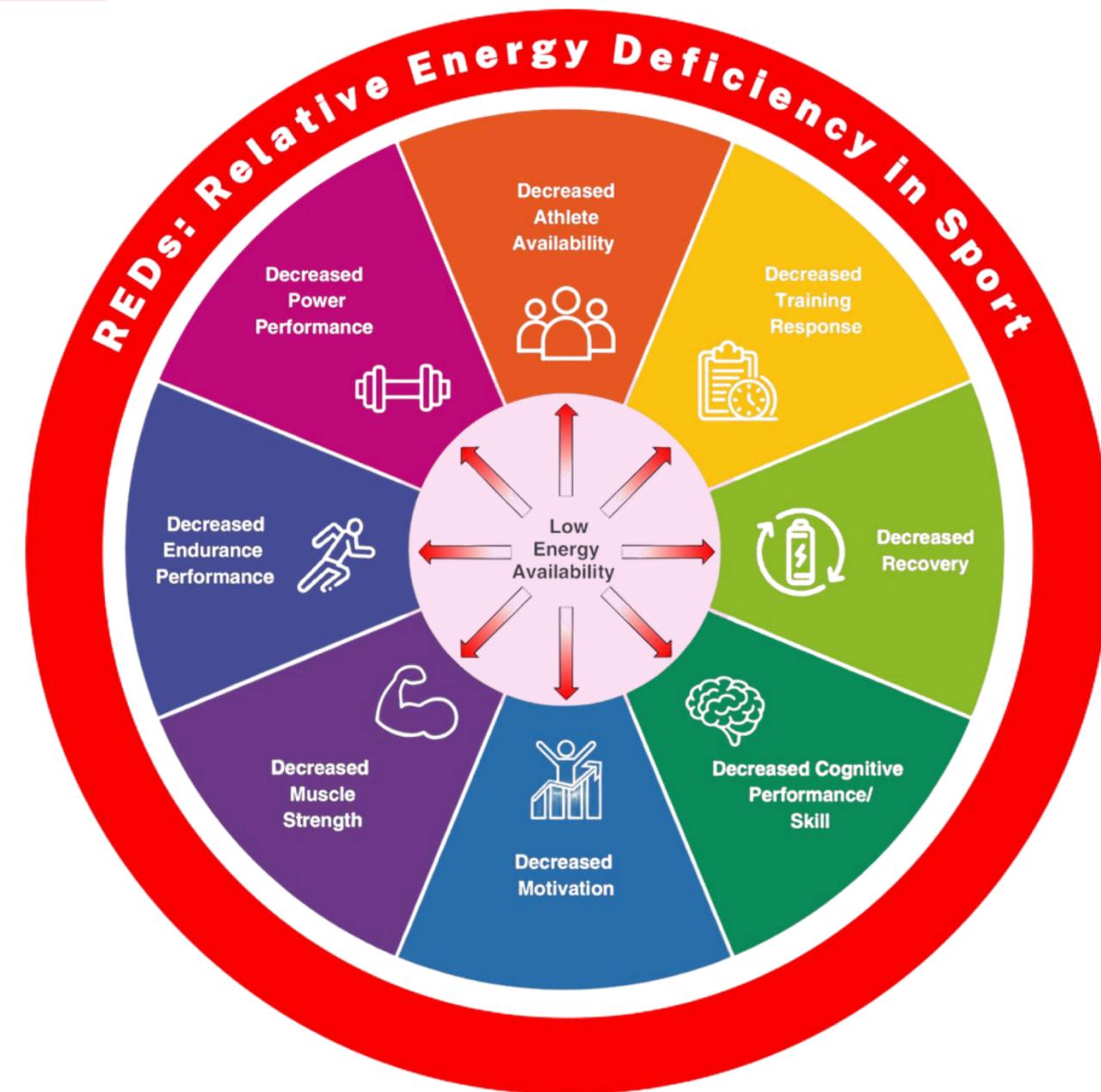


# REDS

## RELATIVE ENERGY DEFICIENCY IN SPORT



**HEALTH**



**PERFORMANCE**

# PRESSURE

## **SCHOOL, SPORTS, BODY IMAGE, PERIODS, PUBERTY, PERFECTIONISM**

- Perfectionism can lead to injury (Madigan, D. 2017)
- 80% of overtrained athletes show signs of clinical depression. (R. Meeusen et al.)



# MANAGING STRESS

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know the facts

whole person focus

non-physical outlets for stress



examine your thoughts & beliefs

Choose wisely

More is not better

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# PREVENTION

## HOW TO STAY HEALTHY & YOU

Strength & Conditioning

Energy availability

Maintaining period

Scaling back when needed





**NOBLE**

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**PHYSICAL THERAPY  
& WELLNESS**