

WOMEN IN SPORT EQUAL BUT DIFFERENT

Male and female bodies function in their own way. Our hormones work differently, our fluid balance is different - and that's just the start. Whilst certain components that we need to nourish our cells are identical, they impact our bodies in a unique manner.

The risks of over-intensive training, such as fractures, concussions and ligament tears, are similar for both sexes. However, women are more exposed to the so-called 'Female Athlete Triad', which includes problems related to the menstrual cycle, low energy availability and low bone mineral density.



Female athletes are also more at risk of anterior cruciate ligament (ACL) injuries and experience more severe symptoms from concussion.