

Nutrition is so important for athletes, and even more so for female athletes. Poor nutrition can literally make or break an athlete; many athletes aren't eating enough, and not enough of proper foods for fueling and repairing their bodies. Please watch the youtube video posted here to hear from a certified nutrition expert who was a former artistic swimming national team member. If you have any questions please let me know!

Nutrition:

<https://youtu.be/UFaEmnxnVpw?si=qi9IIZUfqMFJiSz>  
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