

ATHELUNE

The Athelune Signal Series

6 Guides to Help Women Understand What Their Body Is Telling Them.

The body communicates through signals long before serious problems appear.

Many women try to fix fatigue, poor recovery, or declining performance by pushing harder or eating “cleaner”.

Often the signals are simply asking for something different.

The Athelune Signal Series introduces some of the most common signals women experience when energy, nutrition, and training fall out of alignment.

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SIGNS YOU MAY BE UNDER-FUELLED

OBSERVE WHETHER YOU MAY EXPERIENCE:

- PERSISTANT FATIGUE
- FREQUENT ENERGY CRASHES
- DIFFICULTY CONCENTRATING
- INCREASED CRAVINGS
- POOR TRAINING PERFORMANCE
- PROLONGED MUSCLE SORENESS
- DISRUPTED SLEEP
- LOW MOTIVATION TO TRAIN

IF SEVERAL SIGNALS APPEAR CONSISTENTLY, ENERGY INTAKE MAY NOT BE MATCHING TRAINING DEMANDS

UNDERSTANDING SIGNALS IS THE FIRST STEP.

THE ATHELUNE METHOD EXPLORES HOW TO INTERPRET AND RESPOND TO THESE SIGNALS IN MORE DEPTH.

LEARN MORE AT: WWW.ATHELUNE.COM