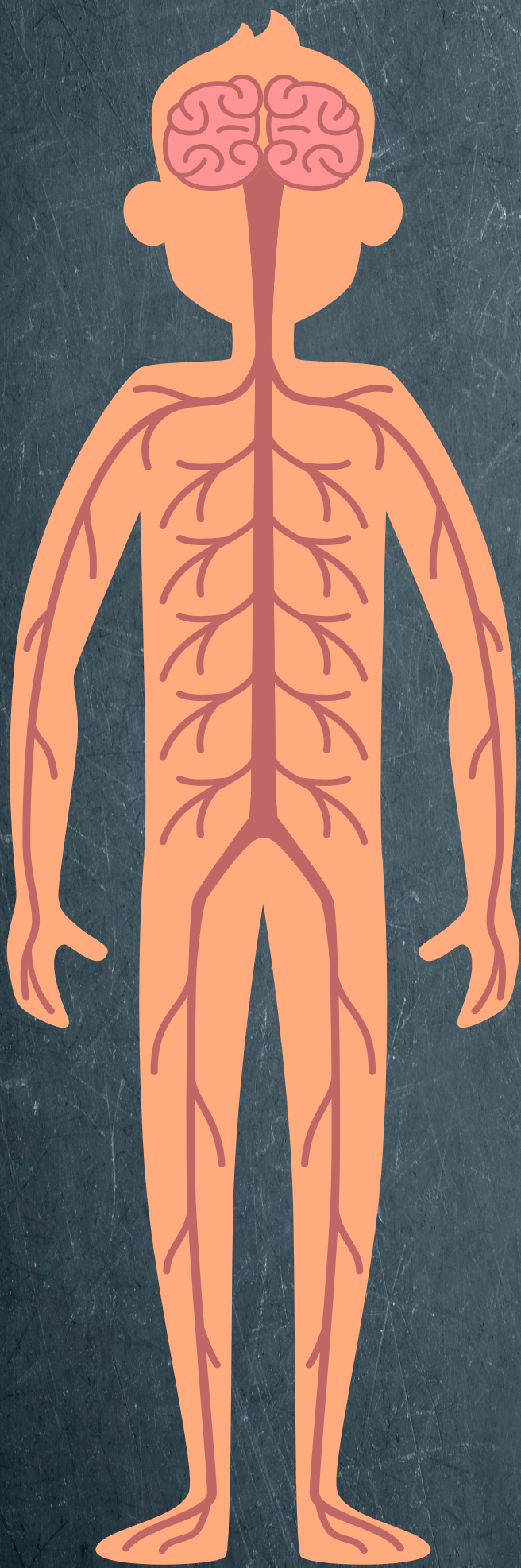


CENTRAL nervous system



- consists of two major structures: the brain and spinal cord

- integrates received information and coordinates and influences the activity of all parts of our body

What does it mean to be CNS ready?

- getting enough sleep so your brain and muscles can recover
- choosing high performance food choices
- not using alcohol or any drugs
- staying hydrated
- ensuring proper glucose levels
- having low stress levels
- maintaining a positive mentality

