

Endorse

Endorse is a digital platform that allows you to connect with your audience in a meaningful way. It's a place where you can share your story, your passion, and your expertise. It's a place where you can build a community and make a difference.

Signs and symptoms:

- Fatigue
- Loss of appetite
- Headaches
- Dizziness
- Nausea
- Sweating
- Rapid heart rate
- Shortness of breath

What student-athletes can do:

- Stay hydrated
- Eat a healthy diet
- Get enough rest
- Listen to your body
- Seek medical attention if needed

Content courtesy of NAMI.

