FAB is a prevention program designed to reduce eating disorder risk factors and behaviors in female athletes, while improving nutrition and fitness in the context of the high pressure, performance driven environment of collegiate athletics.

“**The FAB program taught me to focus on performance versus on appearance.**”

- **Female athletes have an increased risk of developing eating disorders**
  - In elite females, upwards of 46% in lean sports and 20% in non-lean sports evidence clinical eating pathology.
- **Female athletes have a complex body image**
  - Up to 70% of female athletes unintentionally do not consume enough calories.
- **RED-S is characterized by impaired physiological function due to negative energy balance in athletes.**

*FEMALE ATHLETE BODY PROJECT*

*PROMOTING HEALTH AND PERFORMANCE IN FEMALE ATHLETES*