



FEMALE ATHLETE BODY PROJECT

PROMOTING HEALTH AND PERFORMANCE IN FEMALE ATHLETES

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

