



USAMRDC Good News Story



U.S. Army Medical Research and Development Command

USARIEM, Female Warfighters Unlock Secrets, Benefits of 'Hyper' Fitness

- Researchers at the U.S. Army Research Institute of Environmental Medicine (USARIEM) began data collection for the cutting-edge Female Elite Warfighters (FEW) study during the week of September 16.
- The purpose of the FEW study is to observe and categorize the physical, psychological, and metabolic attributes that may have contributed to the recent success of female soldiers in graduating a variety of Special Operations Forces (SOF) training courses.
- The FEW study (previously called the “Hyper-fit Women” study) gained traction following the opening of SOF courses to female participation in 2015; with nearly 40 women graduating from those courses in the past four years.
- USARIEM is the first lab to do this type of study with this demographic of women.
- According to investigators, findings will be provided to Army Senior Leaders to inform policy related to female physical training, physical assessments, and body composition standards; and may guide future generations of elite female Soldiers.



Main: 1LT Katheryn Molen, the first volunteer for the FEW study, completes a task at USARIEM. *Inset (from top):* Molen receives an award for her participation in the FEW study; Researchers gather data as Molen completes a FEW study task. (Photos courtesy USARIEM)

OUTCOME: By understanding how specific mental and physical traits lead to success on the battlefield, USARIEM and USAMRDC are contributing to the overall readiness and lethality of our Soldiers.