



**CANADIAN
WOMEN & SPORT**

**SHE'S
GOT
IT ALL:
STRENGTH,
PERSEVERANCE,
AND THE FEAR OF
THE WAYS FOOD MAY
AFFECT HER BODY.**



Eating disorders can be life threatening. While 1-5% of the population may develop an eating disorder, this figure rises to an alarming 30% in some elite sports. By focusing exclusively on achieving a certain body shape and ignoring adequate nutrition, women athletes may experience issues such as heart problems and menstrual cycle irregularities, complications that may affect short-term performance and lead to life-long physical and mental health challenges. By bringing awareness to eating disorders, we will help athletes focus on what their bodies can do in sport versus what their bodies look like, a focus which will keep them in the game.

Let's change the game at yourrole.womenandsport.ca

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