



### **Content Warning – Disordered eating and body image**

If you:

- are a competitive Canadian cross-country skier
- are at least 16 years of age
- have a Nordiq Canada Racing License
- are competing in at least 1 ski race this season

... you may be eligible to participate in a study on disordered eating and body dissatisfaction in competitive Canadian cross-country skiers.

This study is being conducted by **Angus Foster** (Student Researcher) and **Dr. Ian Newhouse** (Research Supervisor) of Lakehead University.

For more information, please visit <https://form.simplesurvey.com/f/ll/canadianskiingdestudy>.

Please share this email/post with members of the Canadian cross-country skiing community who may be interested in participating or spreading the word about the study.

#### **RESEARCHER CONTACT INFORMATION:**

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*Disordered eating and body image are sensitive topics that may be emotionally triggering to some people. If you have concerns about your eating behavior, you are encouraged to contact your primary healthcare provider. In an emergency, always call 911.*

National Eating Disorder Information Center - [www.nedic.ca](http://www.nedic.ca)  
Crisis Services Canada - National: 1 833-456-4566, Quebec: 1 866-277-3553  
[www.crisisservicescanada.ca](http://www.crisisservicescanada.ca)  
Kids Help Phone (ages 5-29) – 1-800-668-6868 - [www.kidshelpphone.ca](http://www.kidshelpphone.ca)