



## **BODYSENSE: PROMOTING POSITIVE BODY IMAGE IN SPORT**

**BodySense** is an evidence-based, innovative and novel workshop that helps build safe and healthy sport environments. Developed by body image and eating disorder experts, the workshop focuses on providing coaches with the concepts, skills, and strategies for fostering positive body image in male and female athletes and creating body positive environments that support their athlete's mental and physical wellbeing. Evidence shows that coaches are key influencers in how athletes' view themselves and play a critical role in helping to prevent disordered eating, eating disorders and body dissatisfaction.

*BodySense* is a two hour interactive workshop. Topics include:

- Why body image matters for health and in sports
- Body size and shape in sport
- How to support a healthy relationship with food
- Signs of eating disorders, disordered eating or other unhealthy weight modification practices
- How to create a body positive environment for your athletes

### **Who is the workshop for?**

- Teacher coaches
- Community coaches
- Physical education teachers
- Parents (separate workshop)

*BodySense* is offered in partnership with The Eating Disorder Foundation of Newfoundland and Labrador, Memorial University of NL and The Body Image Network. These workshops are currently being offered **free of charge** thanks to the support by the Department of Health and Community Services.

If you are interested in learning more information about *BodySense* or booking a workshop, please contact Holly at [hollygrant3@gmail.com](mailto:hollygrant3@gmail.com).

## **Program Facilitators**

### **Workshop Facilitator**

Holly Foley is a Registered Dietitian with a Sports Nutrition Diploma from the International Olympic Committee and is currently working towards her PhD in the Department of Medicine at Memorial University. Holly practices a body-positive philosophy and challenges traditional and mainstream approaches to health, food and weight. She is a board member of the Body Image Network which focuses on promoting a positive body image and the value of body diversity. Holly has enjoyed running for over 14 years with a focus on marathons and ultramarathons.

### **Evaluation Consultant**

Dr. Erin Cameron is an Assistant Professor in the School of Human Kinetics and Recreation at Memorial University. As a retired professional athlete and public speaker on health and wellness, her research interests span across the fields of sport development, health and physical education, health promotion, and health pedagogy. Erin's most recent research examines strategies to promote positive body image and self-esteem. Through her work, Erin endeavors to create safe spaces for everyBODY, regardless of weight, shape, and size, to pursue active and healthy lives.