



Do you or your child, female and age 9-19, participate in figure skating? Join our study today!

Why is this study being done?

- We want to know if you have healthy bones!
- In figure skaters:
 - Risk for low bone density and for Relative Energy Deficiency is unknown
 - Skating might help you increase your bone density
- Understanding if low bone density and REDs are common will help us know if we need to help prevent it

What would I need to do?

- Questionnaires about your medical history, sport participation, and eating habits
- One-time visit to the University of Calgary
- DXA scan (X-Rays to look at your bone density and body composition)
- Total participation is 60-90 minutes

Scan here to sign up!



Questions?

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This study is approved by the Conjoint Research Ethics Board at the University of Calgary (REB24-0621)