

Healthy Skater Seminar Highlights Athlete Well-being at ISU World Championships

Boston, March 28, 2025 — During the ISU Figure Skating World Championships in Boston, the **Healthy Skater Seminar: Fuelling the Body and Strengthening the Mind** brought together athletes, coaches, and professionals for a powerful discussion on optimizing athlete health and performance.

Held at the Marriott Hotel and streamed online, the seminar featured three internationally respected experts:

- **Dr. Kathryn Ackerman**, Endocrinologist, emphasized the importance of proper fuelling and hormonal health in athletic performance.
- **Dr. Margo Mountjoy**, Sports Medicine Physician, shared insights on injury prevention and the long-term impact of training practices.
- **Dr. Gerald Reid**, Clinical Sport Psychologist, addressed the mental side of elite sport, offering strategies to build psychological resilience.

With over 50 in-person attendees and many more joining online, the seminar underscored the ISU's commitment to athlete well-being. Discussions sparked important reflections on how to balance performance and health in figure skating—from grassroots to elite levels.

The event was part of a broader series of educational initiatives organized alongside the World Championships, reinforcing the message that a healthy skater is a strong skater.

ISU Medical Commission

Healthy Skater Seminar

This is an online and in-person seminar

Fuelling the Body and Strengthening the Mind

March 28, 2025
9am – 11am

Speakers: Dr. Kathryn Ackerman MD, MPH, FACSM Endocrinologist
Dr. Margo Mountjoy CCFP, FCFP, FACSMM Sport Medicine Physician
Dr. Gerald Reid PhD Clinical Sport Psychologist

**ISU Figure Skating
World Championships
Marriott Hotel
Boston, USA**