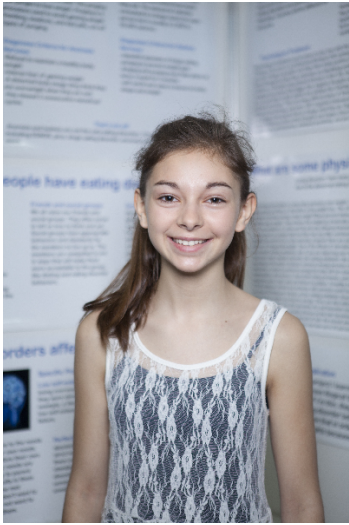


## CWSF 2013 - Lethbridge, Alberta



### Katelyn Waldner

#### Eating Disorders

**Challenge:** Health

**Category:** Junior

**Region:** St. James-Assiniboia

**City:** Headingley, MB

**School:** Lincoln Middle School

**Abstract:** Eating disorders are a growing issue in our society. They are many different types including anorexia and bulimia. They do not have an exact cause but there are many influencing factors. They have many different psychological and physical effects that drastically affect one's well-being. The recovery is not easy and in order to be successful must include medical and psychological treatment.

#### Biography

I am Katelyn Riana Waldner. I live in Headingley, Manitoba and go to Lincoln Middle School in Winnipeg MB. My hobbies include playing the flute, piano, singing in choir, vocal jazz, and playing ringette, badminton, and track and field. I am also part of my school's student voice team. I started playing piano March 2011 and am planning to take my grade 3 RCM exam next winter. This year my ringette team, the Pumas, were city champs! My inspiration for my project came from a documentary I saw on eating disorders. It explained the psychological side of it, and I wanted to learn more. I love studying psychology and learning why people do what they do. My plans for the future are to help girls and women with body image and self-esteem to lower the growing number of eating disorders in our society. I would also like to go to university and learn about psychology, music, and science. I really value and love learning a lot. My advice to students thinking about doing a project is that you can do it! With hard work, determination and encouragement, anything is possible.

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