

Hello All!

My name is Sofia Mahdavi. I work professionally as an international rhythmic gymnastics coach and dance instructor. After retiring from rhythmic gymnasts, I was hospitalized for bulimia and created the nonprofit organization the Hello Self Project. Today, I am almost 2 years in recovery. I use my platform as a trainer, artist, and activist to inspire others facing similar battles towards recovery.

See some of my past work under PORTFOLIO at <https://www.helloselfproject.com>

Hello Self Project and RG Wellness are working towards creating a short film that looks at eating disorders in the rhythmic gymnastics community. As a former gymnast and coach, I understand how difficult it can be to go public about ED as it is something that is highly stigmatized in the RG community. However, change cannot be made unless we are brave enough to speak up on our own experiences, so that future generations do not suffer. It starts with us.

Here's what we need from you:

If you are a current or retired rhythmic gymnast who has dealt with an eating disorder, we ask you for the following:

- 1. A short clip.** Please film yourself against a plain WHITE background with your back phone camera. We want these clips to be as high quality as possible. Please only film from the chest up. Say the following (inserting your personal information) looking directly at the camera. "I am a rhythmic gymnast and I have (insert name of eating disorder)." Even if you are in recovery and past treatment like me, please say "I have" as ED is something that does not simply disappear after treatment.
Ex. I am a rhythmic gymnast and I have bulimia.
If you are undiagnosed or unsure of where you stand here are other options:
"I am a rhythmic gymnast and I have an eating disorder."
"I am a rhythmic gymnast and I am afraid to eat"
"I am a rhythmic gymnast and I struggle with disordered eating." (if you are not diagnosed/ unsure)
"I am a rhythmic gymnast and I struggle with my body image."
"I am a rhythmic gymnast and I have body dysmorphia." (scroll to bottom for more on body dysmorphia)
- 2. A 30 second rg clip.** Please film yourself using your back phone camera at a horizontal angle. Film yourself doing whatever you want with your favorite apparatus: routine, masteries, elements, dance steps, within your gym, outside, or at home. **OR SEND AN OLD RG VIDEO** We will not accept submissions over 30 seconds. Please make sure your lighting is suitable for filming.
- 3.** If you know of anyone who has suffered with ED as a rhythmic gymnast, please share this with them or refer them to me via email or instagram (@sofiabellaofficial). We are welcoming submissions from all over the world.

Please mail all materials to helloselfproject@gmail.com

If you have any questions or concerns, regarding the film or ED in general, feel free to contact me at sofiamahdavi@att.net with Eating Disorders in Rhythmic Gymnasts in the subject line.

When a person has struggles with body dysmorphia, they will constantly obsess over their appearance, often checking themselves in the mirror repeatedly or seeking reassurance from others. They often focus on one area and believe it to be extremely flawed or deformed. A person with body dysmorphia can't stop thinking about real or perceived defects or flaws in their appearance. In many cases, these defects or flaws are perceived as minor by others or are not even observable. But to the person with this disorder, these flaws majorly impact their behavior and psyche. *Very common in gymnasts*

