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Home » Meagan Duhamel, vegan figure skater

Meagan Duhamel, vegan figure skater



Canadian Meagan Duhamel has skated singly and in pairs, although she now only skates in pairs.

She achieved fame when she and her partner were the first pair to perform a side-by-side triple lutz in competition. She is the 2011 Four Continents Silver medallist, 2011 Canadian national silver medallist, 2010 Four Continents bronze medallist and 2009 Canadian National silver medallist. She is the Canadian Gold medallist for both 2012 and 2013.

In 2012 she achieved a lifetime ambition when she took the Canadian gold in pairs with an acclaimed performance. In January 2013 she returned to defend her title and despite an outstanding performance from a rival pair she retained her title. In doing so she recorded the highest ever score in Canadian Pairs history.

Later in 2013 she won Gold at the '4 Continents' where she took on skaters from North America, Australasia, Africa and Asia. She then went on to the World Championship and won Bronze.

"I have been a vegan since December 2008 therefore I do not eat meat, milk, cheese or anything that comes from an animal."

"So many people tell me they could never be vegan. I just wish people would understand and realize that it's really not that difficult, and it's a choice that we make. I think that it is in everybody's grasp to be able to make a decision like switching to a vegan lifestyle. One of my proudest accomplishments has been going vegan."

One of the benefits of going vegan was she found it easier to control her weight, which was something her skate partner Eric Radford benefited from as he often has to lift her. ***"I think for any pair team in skating the girls weight can affect a teams performance. Meagan is always in peak condition so lifting her is very easy."*** However, her exploration of food did have other affects for Eric who told us about ***"when I have to lift Meagan's suitcase which is full of her food!"***

In preparing for the 2014 winter Olympics she explained she was feasting on ***"homemade bread, pumpkin-apple butter, granola, cookies, trail mixes, and snacks like that."*** She is also trains with vegan retired ice hockey star

Vegan Athlete of the Year 2013

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Featured Vegan Athlete



Jim Morris

Jim Morris is a bodybuilder who has had an amazing career well into his older years. In the picture above he is aged 61. [Read More](#)

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Vegan Athletes

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Georges Laraque for long distance runs.

In the Olympics she won a Silver in the team pairs and followed it up with a seventh in the individual pairs. [Read more here.](#)

"It's great working with Meagan. She always has a ton of energy so even if I'm tired HER energy keeps me going. She has brought some amazing vegan baking into the rink to share with everybody and everybody is always so surprised to hear it's vegan!"

(Meagan's partner Eric)

[Meagan's Wikipedia page](#)

[Meagan on veganism](#)

[Training with Georges Laraque](#)

[Canadian Athletes Site: Meagan's profile](#)

[2012 article on Meagan](#)

[Defending her title in 2013](#)

Competing in 2011:

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Cris Iles-Wright

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