

This Girl Can

Our Suffolk ambassador Lottie has had a positive impact on Alanna from Sudbury. Read Alanna's story here:

How did you meet the This Girl Can ambassador?

I met the ambassador through our mutual university course and being members of the CCCU Snow Sports Society.

How has the ambassador inspired you?

The TGC Suffolk Ambassador has inspired me through her dedication and commitment to a healthy lifestyle. Her creative spark is shown through exciting yet healthy meals and work out planning to suit any time, budget or level of fitness.

How has the This Girl Can Campaign influenced you to do more sport and/or physical activity?

The TGC Campaign has influenced me to try more traditional 'male' work outs such as weight machines, to quash the notion girls can't be strong.

What barriers have you faced and how have you overcome some of these?

One of the biggest barriers I have faced has been my location as I live far from a gym. I have overcome this by joining a gym near my work and the Suffolk ambassador has helped me to use my time before, after and during my lunch break at work to get the most out of my membership.

Why should other females get involved in sport/physical activity?

Females should get more involved with sport/physical activity so that they can understand that their validation can be created internally by their strength and not purely for external sources like magazines that convict you of not being perfect unless you change 'X, Y and Z'.

What benefits have you had from taking part in sport/physical activity?

One of the best benefits I have had from taking part in sport is the belief in myself that I can accomplish anything I put my mind to. I have made many friends through training and I have a deeper understanding of the connection between physical and mental health.



Who are This Girl Can Ambassadors?

This Girl Can ambassadors are women from a variety of different backgrounds, of different ages and with different interests with one thing in common: they have all found ways to overcome their barriers and become more physically active.

The ambassadors support the This Girl Can campaign locally in Suffolk by telling their own stories about how they have fitted exercise into their busy lives, the barriers that they have faced and the positive impact that exercise has had on their life. The ambassadors help to inspire others to become more active, encouraging women and girls to remember that it doesn't matter how well they do it, how they look or how red their face gets.

