Our Suffolk ambassador Lottie has had a positive impact on Beth from Oxford. Read Beth’s story here:

**How did you meet the This Girl Can ambassador?**
I met the ambassador at university.

**How has the ambassador inspired you?**
The ambassador is a good friend of mine so I know that if I ever need motivation she is there for me. I’ve also watched her journey and know how much exercise has helped her.

**How has the This Girl Can Campaign influenced you to do more sport and/or physical activity?**
At my gym men dominate all the equipment but the This Girl Can campaign has motivated me to think "I can do this too". I wasn’t very active but since moving to a new location, I decided to be more active to help with my stresses at work.

**What barriers have you faced and how have you overcome these?**
It is challenging to work long hours with my job and find the motivation to go to the gym but Lottie is always there for me, motivating me to go.

**Why should other females get involved in sport/physical activity?**
Just because at times sport is dominated by men, it’s important for females to also live an active lifestyle to remain healthy.

**What benefits have you had from taking part in sport?**
I feel less stressed now that I go to the gym up to three times a week.