

This Girl Can

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.



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.

