Our Suffolk ambassador Claire has had a positive impact on Fiona from Stowmarket. Read Fiona’s story here:

How did you meet the This Girl Can ambassador?
*Claire is my daughter.*

How has the ambassador inspired you?
*Claire has encouraged me to go to the gym to improve my health. And through her illness I have seen her go to the gym to help herself.*

How has the This Girl Can Campaign influenced you to do more sport and/or physical activity?
*The This Girl Can Campaign has influenced me to do more physical activity. I have seen how much exercise helps Claire helps and that it can benefit a whole range of physical and mental health problems.*

You have to realise that whatever your size, you shouldn't be put off because it's the start of improving yourself. Also if you feel down making yourself exercise boosts the serotonin in your brain and makes you feel better and more positive.

Why should other females get involved in sport/physical activity?
*Other females should get involved because it's good for your health and helps you feel more confident and cope with stress in your life.*

What benefits have you had from taking part in sport?
*I have lost some weight, met some new people, have more energy and motivation and generally feel happier.*