

This Girl Can

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.



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.

