

# This Girl Can

Our Suffolk ambassador Alex has had a positive impact on Jayne from Felixstowe. Read Jayne's story here:

## How did you meet the This Girl Can ambassador?

*Alexandra is my daughter*

## How has the ambassador inspired you?

*She has never been great at keeping fit in the past, when she starting running I was seriously impressed. She then became an ambassador and started looking at ways to involve other people, I was just so proud. I suddenly thought "Well, if Alex can get up and run 5K before work with two young children and a fulltime job, I'm pretty sure I can too!"*

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

*I am hardly a 'girl' anymore but, at 54, I am aware that keeping fit and active is perhaps even more important than when I was younger. This campaign has proven that anyone, no matter what age, weight, shape or size, can find something they enjoy that will also help them to keep fit.*

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

*The same as most other busy ladies I expect; trying to schedule time for running, finding the motivation when it's cold and dark outside, injuries that stop you training and then put you back weeks.*

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

*Apart from the obvious health benefits there is the 'feel-good factor', when you finish that run you really didn't feel like doing, or you score your first net at netball, or finally manage 50 lengths of the pool, you feel amazing! If you take up a team sport or join a running club or even just become a regular at the aerobics class, you'll meet new people and, hey, you already have something in common.*

## What benefits have you had from taking part in sport?

*The thing I notice the most, both when running and when I have finished a good run, is the calming effect it has on me. I have quite a stressful job and sometimes work long hours; it can be hard to disengage at times. When I'm running I can just get lost in the rhythm of the movement and my breathing which is incredibly calming.*



## 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.

