

This Girl Can

Our Suffolk ambassador Emma has had a positive impact on Lucy from Needham Market. Read Lucy's story here:

How did you meet the This Girl Can ambassador?

I met the lovely Emma Talbot when I became a member of the I Can Run Club.

How has the ambassador inspired you?

I cannot emphasise how much Emma and I Can Run club has supported, inspired and given me the confidence to go out and achieve my goals. Emma helps you to understand that it doesn't matter what you do or how much you do it's doing something that counts.

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

After completing a fun run in May with my daughter I realised how incredibly unfit I was. I was so embarrassed at this so I decided to change that and chose to start running.

I began my journey by finding information on the internet and social media and that's how I came across both I Can Run club and This Girl Can. Both groups gave wonderful inspirational stories of many women beginning sport and exercise and the positive impact on their lives and this made me even more determined to do the same.

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

Taking part in sport and physical activity makes you feel fit, strong and healthy and you make amazing friends along the way.

What benefits have you had from taking part in sport/physical activity?

In 6 months I have become more confident in my abilities and now enjoy regular runs both on my own and with I Can Run club members, completing distances of 5k. Without Emma and I Can Run club I can honestly say I wouldn't be where I am today.



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.

