

# This Girl Can

Our Suffolk ambassador Steph has had a positive impact on Lydia from Stowmarket. Read Lydia's story here:

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

*I met Steph at work.*

## How has the ambassador inspired you?

*Steph has encouraged me at the gym and has made me realise I'm a lot stronger than I thought. She really makes me strive for more and push my limits even further.*

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

*I now attend the gym regularly.*

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

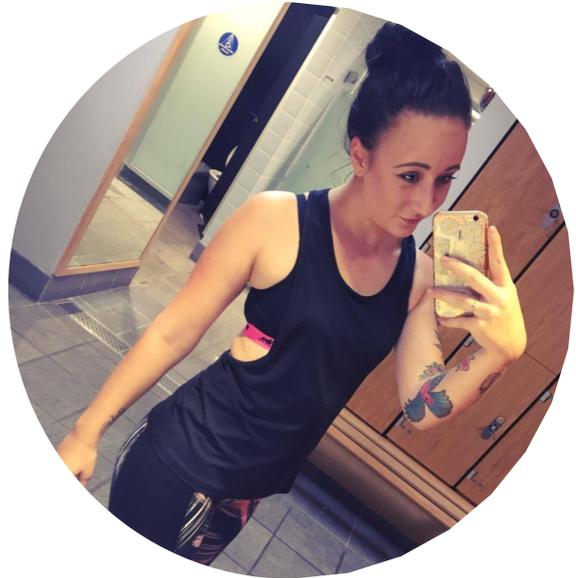
*I struggle with anxiety so going to the gym alone was a big thing for me. Having Steph by my side on my first time at the gym comforted me and made it possible for me to tackle the gym on my own.*

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

*Honestly joining the gym has been one of the best things I ever did. It's changed the way I feel about myself.*

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

*I'm a lot happier as a person and I've noticed little things like when I walk my dog I can walk for longer and running up the stairs doesn't tire me out anymore. I'm not massive in size but I was unhealthy. Thanks to Steph I've changed my life style for the better.*



### 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.

