

# THIS GIRL CAN



HEINI ACTIVE  
CAMBRIA



COLEG  
CAMBRIA

## THIS GIRL CAN INTRODUCTION



We'd like to introduce you to the **This Girl Can** campaign which originally was developed and released in 2015 by sport England.

**The aim of THIS GIRL CAN is to promote taking part in sport for women as well as celebrating women in sport and women who keep active. After its original launch an estimated 3 million women have got more active.**

They conducted research into why women don't get active and then finding ways through promotional campaigns to help women overcome those barriers.

**This Girl Can** encourages women to share their stories in the hopes, it can inspire others to get involved and get active.

**This Girl Can** page has sections such as "get inspired" and "your stories" for women to look at and hopefully get inspired by. And can even help you find and access sport in your area.

Today **This Girl Can** campaign can be seen on social media such as Instagram and Twitter and even on the TV in the form of an advert.

## THIS GIRL CAN AMBASSADORS

We are your student **This Girl Can** ambassadors and it's our job to inspire you and offer you opportunities to become active and understand the benefits.



**ASHLEIGH WHITE**  
18, Coleg Cambria Deeside

**Interests:**

- Badminton - I play for Prestatyn Badminton Club
- Walking
- Running
- Netball
- Rounders

Join the **Active Cambria Classroom** for more info. (Code: 6xeqp5I).

For me exercise is very important as it helps to reduce stress and also anxiety. During these past months, I have suffered with my own mental health, more than I have before. Exercise has allowed me to have a break from reality and become stronger. It has made me feel better about myself and that the bad days won't be forever.

To exercise, you don't have to be sporty, anyone can do it. You can feel comfortable wearing the clothes you want to, it doesn't have to be lycra.

Just find something you enjoy and stick with it!

**THIS GIRL CAN AMBASSADORS**



**LIBBY HUGHES**  
18, Deeside Sixth

**Interests:**

- Reading
- Politics
- Running
- The environment
- I attend Girlguiding and I am a Girlguiding leader.
- Travelling the world.

Join the **Active Cambria Classroom** for more info. (Code: 6xeqp5l).

One of the key reasons I exercise is because exercise has helped me keep a positive mental outlook during lockdown, and allowed me to stay connected to others through virtual group workouts. This added a social element to lockdown as we were able to work towards a common goal together.

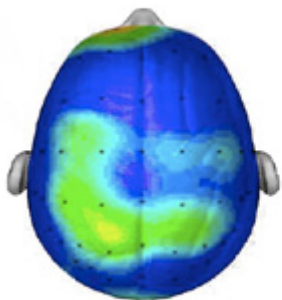
I have always been a 'sporty person'. Sports have helped me reduce my stress levels particularly in year 13. I now aim to go on a run or walk each day once my academic day has finished. I have found I can concentrate for longer periods of time in the evening and achieve more academic work as a result of the exercise.

There are many reasons why exercise is important, and there are many benefits.

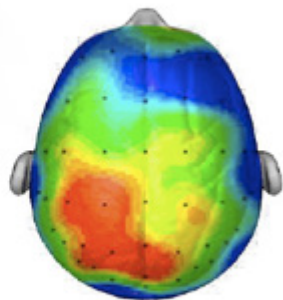
Research shows a child's involvement in sport helps them to improve their social interaction, increase their confidence, and improve their listening skills and health. Participation in sport is linked to higher grades, lower dropout rate, reduced truancy and lower crime rates.

From this picture I have obtained you can clearly see that exercise makes your brain more active. And therefore you are able to get worked on easier and more effective.

Composite of 20 student brains taking the same test.



after sitting quietly



after 20 minute walk

**TEGAN ALDERSEY**  
17, Deeside Sixth

**Interests:**

- Netball - I play for Flintshire
- Gymnastics
- Athletics - I volunteer at Coleg Cambria
- Dancing
- Rounders
- Shopping
- Travelling the world

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Adolescents who play sports are eight times as likely to be active at age 24 as adolescents who do not play sports (Sports Participation as Predictors of Participation in Sports and Physical Fitness Activities in Young Adulthood, Perkins, 2004). Three in four (77%) of adults aged 30+ who play sports today played sports as school-aged children. Only 3% of adults who play sports currently did not play when they were young.

Source: Robert Wood Johnson Foundation/Harvard University/NPR, 2015

**THIS GIRL CAN AMBASSADORS**

Have a look at this! There's so many different sports for you to explore. If you enjoy running, then you may also enjoy basketball, lacrosse, or tennis! And if you try something and don't like it, just try something else!

**IF YOU CAN...**

**YOU CAN ENJOY...**

**RUN**



Football  
Basketball  
Athletics  
Tennis  
Rugby  
Lacrosse



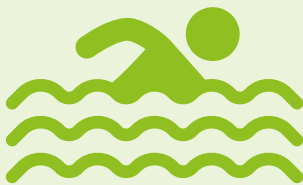
**BALANCE**



Gymnastics  
Biking  
Martial Arts  
Snowboarding  
Zumba  
Yoga



**SWIM**



Snorkeling  
Rowing/Kayaking  
Water Polo  
Surfing  
Diving  
Triathlon



**ELLIE KIDD**  
18, Coleg Cambria Deeside

**Interests:**

- Politics
- Going the gym
- Spending time with my friends
- Cooking
- Volunteering - Delyn Gymnastics Club, Aura and trusted leader in college
- National Union of Students Wales Steering Committee
- Children's Advisory Panel for Wales

I enjoy getting active because it makes me feel good about myself. I also enjoy the social element of meeting new people. I believe it can be beneficial for anyone to get active, as 3 years ago I avoided any kind of sport or exercise but after finding classes that catered to me being a beginner and that I enjoyed, I am healthier and happier with myself.

You don't have to already be interested in sport or exercise to give a class or a group a try. Online classes are great, as you can turn your camera off if that makes you feel more comfortable whilst starting out! I love **This Girl Can** campaign because it encourages girls and women to get active!