



“Smile and go that extra mile”

Name: Maddy Doyle

Date of Birth: 03/05/1976

Where do you live?
Plymouth

I am 40 year young and love sports, especially team sports getting out and meeting people having fun whilst getting fit. I have played netball since school and love the team spirit.

I am on the committee for Plymouth District Netball League and my role as a welfare officer enables me to resolve issues and keep people positive in the sport they love. I enjoy running and have organised a running group ‘Run It Off’ with a few friends to get them out and setting themselves personal challenges.

Seven years ago I was diagnosed with MS and it has made me more determined to keep fit and get others involved to maintain a good standard of healthy living. I have found new sports whilst raising money and awareness for the MS Society.

Recently taking part in a mixed netball/ basketball from UTB (Unite Through Basketball) tournament raising over £2000 and getting women and men from all different walks of life having fun whilst getting fit.

My recent venture is getting 15 women in my work place to take part in the Big Pinch; a 10 week plan of competing against others to loose the most pounds collectively as a team. We will be taking part in classes and motivating each other to get that trophy!

Why Did You Want To Get Involved In This Girl Can?

I am very passionate about getting women involved in team sports to create a new life that doesn't involve work or family. Just me time, time to relax, sweat and have a laugh.

Who Inspires You?

My husband and 2 sons. I want to keep healthy and be around to keep them in check for many years.

“Just me time, time to relax, sweat and have a laugh.”

Understanding Women's Lives, a piece of research by Women In Sport shows that women hold six core values which inform their behaviour and decision making

• looking good • feeling good • achieving goals • developing skills • nurturing friends and family • **having fun** .

These represent what is important to women in modern life and how they want to spend their time and energy. Our 2017 This Girl Can ambassadors each have chosen a value that best sums up why they have got active. Maddy's value is **having**

What Are Your Top 3 Tips Of Getting/Staying Active?

1. Positive attitude
2. Team motivation, keep going, get those endorphins up and happy thoughts.
3. Healthy body, healthy lifestyle, happy heart