



“Do it because you can...!”

Name: Lisa Lea-Weston

Date of Birth: 21/3/74

Where do you live?
Chudleigh, Devon

I was fit, then I wasn't for a long time...it was a period of University then IVF then children. Between children I begun having a go at jogging with a few new mum friends and did Race for Life. I struggled. Then I was diagnosed with aggressive breast cancer. I had 8.5 months of gruelling treatment with young children. It brought me to my knees and I struggled to walk to school and back.

Post treatment we went on a Cancer Lifeline South West Time to Retune break. It was utterly incredible and restorative and I wanted to give something back as the break was free. A friend of ours died a year later and I had been beginning to try and build muscle and fitness. My mum suggested I channel my anger and run the 6mile road race and raise money. Some friends and a few pre school mums said they couldn't let me run alone.

We came up with a name (Scrambled Legs) and Facebook page and my friend trained me and then all of us. It has now grown each year-the local support is incredible and it has pulled in new women each year who have never run or who haven't run for ages, run. We train for months and we do it! And have raised over £15,000 so far for Cancer Lifeline. We always loop back for whoever is the slowest and we get fit enough to RUN!

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

As our little group called Scrambled Legs has grown, it's not just me running on my own. I have learnt about friendship, exercise, what it means to commit to exercise. I have learnt about our well being as women and about the barriers and the impact, both good and tough, on relationships from those I have come to know. I believe we have come to embody some of the campaign that I knew nothing of until recently – so feel very in tune with it.

Who Inspires You?

My partner, children, my mum and my wonderful friends.

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. Lisa's value is **developing skills**

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

1. Just grab the moment and do something that makes your heart race – it doesn't have to be hours long
2. Do it with a friend or bunch of people-what-ever it is – because it is much harder to let someone else down!
3. Do not feel guilty if you don't do something. Try the next day or jump up and down on the spot whenever you feel guilty!