



“Make time for yourself as you are important too!”

Name: Emma Kessie

Date of Birth: 23/01/1981

Where do you live? Exeter

Working in the fitness industry for 20 years I have worked with lots of people and friends encouraging them and teaching them about the importance of exercise. It has been such a rewarding experience especially when you see the impact it has on their health, their family and the goals that they have achieved. It also brings into focus the barriers they have had to overcome.

Who Inspires You?

My family for sure! Seeing the enjoyment I get out of my sport I see the same enjoyment in the children when they play sport. I am teaching them the importance of a healthy lifestyle. I know that they will grow up with sport being part of their life which will then pass onto others and their future families

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

Because I want women to know that we all have our busy lives, work and family commitments but you can still get out and exercise and do it for you I love being able to get out from my busy day working full time juggling the 5 children. When I'm out exercising its me achieving my personal goals me being able to let go for half an hour.

“It has been such a rewarding experience”

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. Emmas's value is **nurturing friends and family**

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

1. Find an activity that you want to do (or have always wanted to do)
2. Set a short term goal (achievable)
3. Set a long term goal

“I am teaching (my children) the importance of a healthy lifestyle.”