



“You’re closer than you were yesterday”

Name: Amber Halliday

Date of Birth: 03/06/03

Where do you live?

Howton, Moretonhamstead

Thank You for bringing Girl Active to my school (South Dartmoor Community College). It has made a huge positive difference to me and my friends.

Before this came along I used to not enjoy P.E. I did not find it very fun because we were always made to do classic sports like rugby, football, tennis etc.

I felt very self conscious as we were with boys. But when Girls Active started I began to enjoy it. We got more choice on what sports we did, lessons became not just focused on abilities but more on taking part, being active and having lots of fun. Being allowed to wear leggings felt more comfortable too.

“I felt very self conscious as we were with boys.”

These new ideas have helped me realise that This Girl Can! This has also inspired me to possibly become a P.E teacher in the future, so that I can inspire and encourage more young girls, like me, to enjoy exercise and keep fit.

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

I think it is a good thing to try and get more girls into sport, so they can be more active and body confident.

Who Inspires You?

My mum because she is a strong person.

PE teachers at school- especially Mrs Hutchings.

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. Amber’s value is **feeling good**

What Are Your Top 3 Tips for getting/staying Active?

1. Find something you enjoy!
2. Keep going! (try not to skip a week)
3. Don’t be embarrassed- just go for it!

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