



“It is important to stay active and to just feel better in your own skin.”

Name: Maddie Brock

Date of Birth: 28/03/03

Where do you live?

Bovey Tracey

I used to dread the moment P.E came around as I was embarrassed about my physical ability (or lack of) and didn't like the fact that I was with boys. We had to wear shorts and I always felt judged about my body shape and was very self conscious.

Since the beginning of year 9, and thanks to the Girls Active Committee, we have been able to wear leggings and have a huge range of activities to choose from as well as being in groups of similar ability.

When Girls Active came to my school I immediately jumped at the chance to participate in the activities, one being Boogie Bounce. Taking part in Boogie Bounce got me into after school activities. When it ended I started taking classes at my local gym. I now do **two classes a week** and **swim** as well and go to the **gym**.

For a few years I have been uncomfortable about my body and fitness. Girls Active gave me the confidence to do something about it and realise that This Girl Can. I would love to encourage others like myself to take up fun fitness activities in the hope that they will realise that This Girl definitely Can!

“anyone can do physical activity no matter the size, gender or ability.”

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

I think it is important to stay active and to just feel better in your own skin.

Who Inspires You?

My Aunt Trisha because she is fairly old but she still runs classes at the gym.

“This Girl definitely Can!”

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. Maddie's value is **achieving goals**

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

1. Find a thing you enjoy
2. Go with a friend to make it fun
3. Don't think of it as a chore