
This Girl Can: Women in Sport Profile

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What sport and fitness activity do you get involved in?

Running and strength/HIIT training

What made you want to get involved in sport whilst working at University?

Just the sheer reason that my role is primarily desk based with limited time on my feet. I started off by utilising my lunch breaks by going out for long walks, then I slowly increased my endurance to running and strength training six times a week

How do you feel sport and fitness activity helps you to look after your wellbeing?

It has helped me by:

- a) Increasing and improving my fitness levels (this is especially important to me as I have a family history of heart disease)
- b) Given the current pandemic situation – helped keep me mentally focussed and enjoy the outdoors without exposing myself to any risks
- c) Been great for my waistline too 😊

What advice do you have for any other females looking to get involved in sport or fitness activity?

Sport and fitness doesn't have to mean pounding on a treadmill for an hour at the gym or lifting weights until your muscles collapse. It's about finding something you enjoy, whether it be walking, yoga or even bopping around to your favourite music in the living room a few

times a week. You will stick to it more if it is something you enjoy. You will be surprised what great things it does for your health and mind.

Have any females in sport inspired you and if yes, how have they inspired you?

I don't have a sporting guru or anyone I follow as such, but I do inspire by all those people who perform sport in the Paralympics. They don't let their restricted conditions get the better of them. So, when I wake up some mornings not feeling a workout, I think of them and it encourages me to get out of bed and complete my workout - I mean if we can't find even 20 minutes out of 24 hours to look after ourselves, that's excuses not restrictions.

Favourite personal sporting moment?

I joined an online competition and took up the challenge to run 5K in the quickest time possible. When I did my first 5k it took me 47 minutes, I was super proud as I had only started training to run a few weeks before attempting the 5k. Plus, I was contending with PE teachers and pro-runners – of course they accomplished it in half my time, but it was still a proud moment for me, and, our team won! – which makes it my favourite moment to cherish!