
This Girl Can: Women in Sport Profile

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What sport and fitness activity do you get involved in?

Rugby & Fitness Circuits & Gym

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

Making friends outside of my course,
getting involved with charity work,
increasing my fitness.



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

It helps me to relax and destress and take my mind off things for a bit which helps me to focus more on my studies and everything else

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

No one cares what your ability is, the fact your trying and putting yourself out there is all that matters

Favourite personal sporting moment?

Varsity in my first year, I had never played rugby before coming to uni, so this was a great achievement