
This Girl Can: Women in Sport Profile

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What sport and fitness activity do you get involved in?

Try to do yoga every morning, I walk to work and play Taiko drums

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

A way to improve balance, flexibility, and wellbeing

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

Yoga is a good start to the day - especially during lockdown!

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

Find something that you enjoy and don't forget to breathe!

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

Martine Wright – a volleyball Paralympian who lost both her legs in the 7/7 tube bombings – I heard her speak at a conference and was inspired by her resilience and attitude to life.

Favourite personal sporting moment?

Opening ceremony of the 2012 Olympics - as well as showcasing the athletes it was upbeat and quirky and a celebration of a diverse nation of 'ordinary' people who contribute to society.

