

This Girl Can: Women in Sport Profile

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What sport and fitness activity do you get involved in?

Badminton and gym (before COVID-19 hit!)



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

I've always loved sports in school, and I wanted to carry on at Uni. I also knew it would be a good opportunity to meet new people.

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

For me, it's like a stress reliever, taking my mind from the pressure of Uni and life. My sport (badminton) reminds me that there is more to life than academia. It's definitely good for my mental health, especially during hard times. The fact that it keeps my fitness up is a bonus.

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

Just do it. You will realise that no one is judging you at the gym, no one is laughing at you trying out a sport, because we all started off as clueless beginners. You may start off feeling insecure, but I guarantee that your confidence will grow in time.

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

I went to a girl's secondary school and was surrounded by talented sportswomen. Watching them confidently play in PE lessons, even if the sport wasn't their preferred one, was really encouraging. They didn't care if the sport wasn't their forte, they never gave up and strived to do well.

Favourite personal sporting moment?

My glasses broke during a BUCS match. We didn't win the game, but I still played pretty well. It was a funny situation, and now I keep a spare contact lenses in my badminton bag.