
This Girl Can: Women in Sport Profile

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What sport and fitness activity do you get involved in?

Hiking and Outdoor Adventures, Gym Fitness, Joe Wicks The Body Coach YouTube workouts, DMU Active Staff Badminton

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

I was blown away by the amount of sports activity offered to staff when I started at DMU. Taking part in the likes of Badminton outside of DMU can often include cost to book courts, buy equipment but at DMU it is free, an offer I could not refuse. Taking part with members of the Events Team encourages better working relationships and offers a social side to working life.

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

Sport and fitness are a huge factor when it comes to improving my wellbeing, for me, it releases stress and anxiety, the truth is no one ever regrets a workout. If I have a bad day, I can create one good thing about it when I partake in sports or fitness activity.

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

It is natural to be nervous the first time you partake in group sports or enter the gym feeling clueless on what to do. I recommend you check out the free content on YouTube about what to expect and how to prepare for taking part in sports and fitness activity. If you try something and its not for you, try something else, there are countless sports or gym classes I have only ever been to once, but soon enough you find something you enjoy.



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

Honestly, no the only inspiration I have are male, but this is likely a reflection of how little female sport personalities appear on TV and on my social media feed.

Favourite personal sporting moment?

When I was 4 years old I scaled Snowdon for the first time, 22 years later I have reached the summit 13 times, its ok to do new things but its also ok to repeat the same sport or fitness activity many times.