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# This Girl Can: Women in Sport Profile

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**Liv Alltree**

Architecture

**What sport and fitness activity do you get involved in?**

Netball

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

I've played netball competitively all my life so looking for DMU netball was the first thing I did in my first year.

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

Netball is an escape from uni work, whether it's training or game days it allows me to release my energy and keep healthy physically and mentally, along with meeting my best friends through joining netball as a society.

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

It might seem intimidating joining a sport you aren't familiar with, but it helps you meet likeminded people and gives you a support system. It allows you to have regular exercise which is fundamental for a good lifestyle especially whilst at university

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

Serena Williams has inspired me by being such a powerful woman in sport and taking risks to stand up for what she believes in.

**Favourite personal sporting moment?**

Being selected to play for East England academy or being chosen to be chairwoman of DMU netball

