
This Girl Can: Women in Sport Profile

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What sport and fitness activity do you get involved in?

I am involved in a number of academic programmes connected to sport and fitness activity, I have attended a number of the International Centre for Sports History and Culture seminars.



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

It is connected to the teaching and research I conduct at the university.

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

Sport and fitness activity help me maintain a decent work/life balance.

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

Try to build it into your daily or weekly routine, and often structures like clubs or apps can be useful nudges to help you maintain your activity.

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

Yes, many, I am grateful for some trailblazing female academics in the areas I research and teach in. A number work at DMU.

Favourite personal sporting moment?

At the moment, it is simply being able to get outdoors and see family and friends via walks, jogging or cycling. I am grateful for being able to use sport and physical activity to connect with other at the moment, these are my favourite times and treasured moments!