



#ThisGirlCan #London



Please use #ThisGirlCan #London when you talk about the London This Girl Can campaign and join in with the conversation.

Here are some hints, tips and ideas of things you could write about - these are only suggestions so feel free to write, post and tweet about what is important for you. Please don't worry at all about your writing skills - we don't expect Shakespeare level - it is all about you and your story.

You can tweet and post your stories to [@GetActiveLDN](#) using #ThisGirlCan #London or post to the [Get Active London facebook](#) page.

London Sport will give away prizes for the most inspiring stories and pictures! Other than tweet and post and you can also have a look at some helpful questions at the end of this document. You can also send answers to these questions to info@londonsport.org with the subject line: This Girl Can.

These are some of the areas you could write about...Maybe being active has a positive influence for you on one of the following areas?

Being active could have had a positive influence on your life so we have included some ideas below that you can use when you are struggling to decide where to start:

- Confidence & Achieving my goals
- Friendship
- Health
- Developing Skills
- Balance in life
- Inspiration
- Having Fun

Or tell us your story about...

- Being active in London (recommendations and local tips)
- My personal journey to become active





Here are some tips to make your story look more attractive and to reach as many people as possible:

- You can add or send us pictures (pictures tell more than a hundred words!)
- You can add short videos of you being active alone or with friends (try [vine](#) here, it is easy to use and fun for others to watch!)
- Videos, music, pictures, quotes... everything is adding value to your story! It is YOUR story so tell it however you like.
- Whilst we will publish your story on 'Get Active London' and use snippets in our Social Media channels #ThisGirlCan #London, please also share on your personal Social Media Channels and invite your friends to follow, share and be active as well!





Information to Include

(for those who want to submit a story via email to info@londonsport.org)

First Name:

Age Range:

In which area of London do you live?

What is your occupation? (if you want to tell us)

How would you describe yourself in a few words?

IDEAS:

Please answer as many questions as you like.

- Summarise London in one sentence
- Tell us why you love being active in the capital? (What is it that you don't like?)
- Where would be your favourite place to exercise in London?
- How do you motivate yourself to be active?
- Which activity is your favourite? (Could be walking the dog)
- How has the campaign 'This Girl Can' changed your life?
- How did you get into exercising? (E.g. was it a friend or a personal goal?)
- How do you feel after being active?
- How do you find the time to be active?
- What's your training programme look like? (if they are training for something e.g. marathon)
- What activity do you do, where and why?
- What is your favourite music track whilst being active?
- Which female in your life has inspired you (doesn't necessarily have to be a sporting woman)?

Remember, the most important thing is for you to have fun!

