

## **This Girl Can**

### **Sara McNeil – Murrabit Lawn Tennis Club**

I love being active in the outdoors and with my friends. Without the motivation of my friends I would never have ran a half marathon, rode in the Around the Bay in a day or completed a triathlon. I love team sports, playing tennis, netball or basketball and the sense of fun and enjoyment I receive playing with my mates.

I studied exercise in my undergrad in 2003 which led me to work with over 65s encouraging them to be active but I had never walked into a gym until 18 months ago. Now you can't drag me away, as I love the feeling of completing a workout and knowing I've achieved something for the day.

I've just completed my Masters in Clinical Exercise Physiology. Keeping my motivation to stay fit and healthy so I can be a good a role model for my kids and peers, is my goal.

