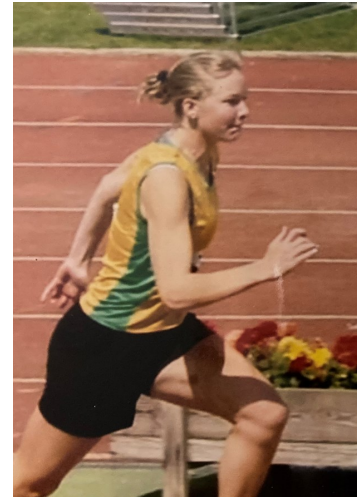


Lisa West



Lisa developed a keen interest in sport from the age of seven where she entered her first running competition. She didn't finish in any of the top places but that didn't matter; she loved taking part and the feeling the physical activity gave her. As an adult, her jobs have focussed on her passion for sport including helping with the running of events in the Olympic Games in London 2012.

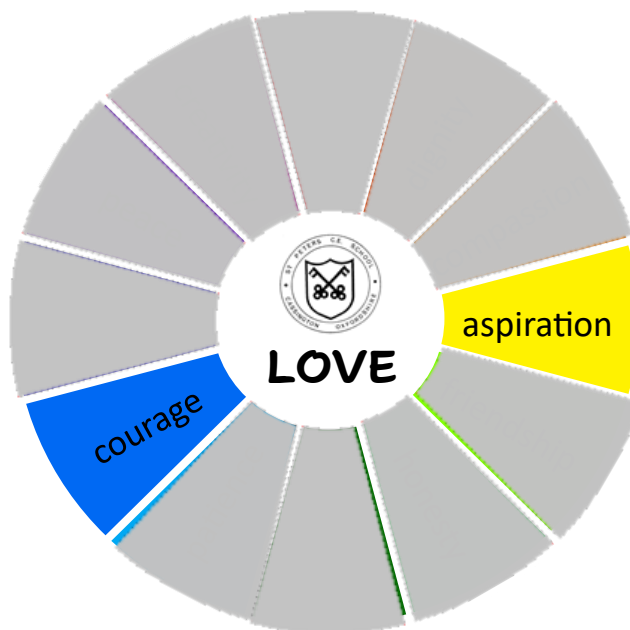
Through her career, she noticed that it was harder for girls and women in sport than it was for men and now works for an organisation called Women In Sport. She recently talked to MPs at the Houses of Parliament to raise awareness and to influence them about what they can do to provide more sporting opportunities for women and girls.

Courage

Acton – Lisa has to show courage to change other people's beliefs

Lila – Lisa needs courage to speak in front of other people and make changes

Karys – Lisa needs courage that she can make these changes happen



Aspiration

Bradley – Lisa wants the same opportunities for women as men have

Thomas- Lisa wants everyone to have a fair turn

Daniel – Lisa wants other people to live their dreams about sport

MESSAGE TO US

Sport and physical activity is for everyone; find an activity that you love and keep doing it!