We are searching for local stories to help inspire local people to get and stay active.

If you would like to share your story. Please fill out the case study form below.

|  |
| --- |
| **Active Together Champion Profiles**  |
| **Where do you live?** i.e Loughborough, Ashby, Narborough  |
|  |
| **How have you stayed active during Covid 19 (including lockdown)?** *i.e walking with my family, taking part in virtual activity classes* |
|  |
| **Have you been exercising with other people?** *eg. virtually, a family unit, socially distanced group…* |
|  |
| **How has being active helped you during Covid 19 (including lockdown)?** *i.e it has helped with my mental well-being*  |
|  |
| **What motivated / inspired you to stay physically active during Covid 19 (including lockdown)?**  |
|  |
| **What do you like/what do you get out of doing exercise?** |
|  |
| **Have you faced any barriers during Covid 19 (including lockdown) that have stopped you being active? If so, how have you overcome these?** *i.e I usually go to the gym and due to these being closed I have had to find a new way to stay active at home. I have taken part in online workouts to overcome this.*  |
|  |
| **What would be your advice to help others that want to get active?**  |
|  |

