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.

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| **Active Together Champion Profiles**  |
| **What’s your name?** |
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| **Where do you live?** i.e Loughborough, Ashby, Narborough  |
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| **How have you stayed active or increased your activity levels this year (including lockdown)?** *i.e walking with my family, taking part in virtual activity classes* |
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| **Have you been exercising with other people?** *eg. virtually, a family unit, socially distanced group…* |
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| **How did being active help you during COVID 19 (including lockdown)?** *i.e it has helped with my mental well-being*  |
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| **What motivated / inspired you to stay physically active during Covid 19 (including lockdown)?**  |
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| **Since lockdown eased, have your activity levels changed and if so, how?** |
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| **What do you like/what do you get out of doing exercise?** |
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| **Have you faced any barriers this year (including during lockdown, or since lockdown has eased) 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.*  |
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| **What would be your advice to help others that want to get active?**  |
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We would be really grateful if you could return this template completed, along with a few photos\* which reflect your story of you being active, to b.cornish@lrsport.org if you would like to be involved.

**\*Your photos need to include:**

* **All photos must include: a clear view of your face – this can be selfie style or someone can take it for you, we want to see you doing the activity you enjoy!**
* **All photos must include: You showing us the activity you have enjoyed doing during lockdown**
* **You need to have permission from everyone shown in your photo for us to be able to use the image**

Your images and story will be used on Leicester-Shire & Rutland Sport (LRS) social media, marketing materials, and website, and will be shared with our partners (local authorities, School Sport & Physical Activity Networks etc.) to also use to help us push the campaign far and wide. Please read and sign the accompanying consent form for more information and to confirm that you agree to this.

