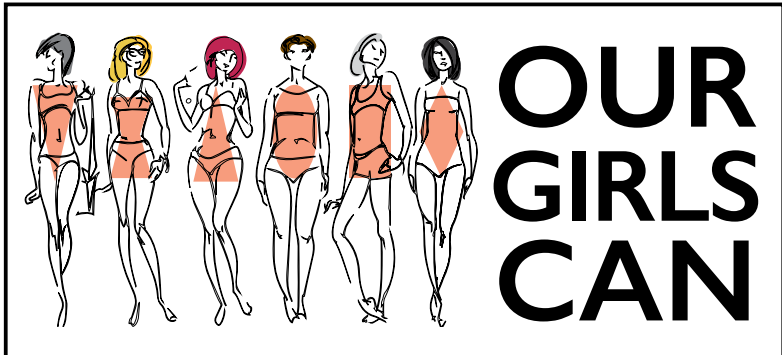


# #OURGIRLSCAN

I CAN AND I WILL  
PUSH YOURSELF  
CHALLENGE YOURSELF  
I WILL NOT BE STOPPED

# WORK IT!

MAKE YOURSELF PROUD



**What it  
means to be  
a human...**

*At the heart of Catholic teaching about humanity is the belief that every person is made in the image and likeness of God*

The Catholic church teaches that a human person has a body, created as a result of human reproduction, which is mortal.

**THE BODY IS THE  
TEMPLE OF THE  
HOLY SPIRIT AND  
DESERVES THE  
GREATEST RESPECT  
AND DIGNITY.**

*“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own as you were bought at a price. Therefore honour God with your body” (1 Corinthians 6:19-20)*

**Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them, taking into account the needs of others and the common good.**

# MY GOALS:

*What are my main goals and how will I achieve these?*

**Example:** I would like to increase my fitness so that I can play sport for longer without getting tired. I want to be able to run 3 miles in under 30 minutes. I'm going to do this by running 3 times a week and seeing if I can improve my time.

1

2

3

# #OURGIRLSCAN



A new campaign called 'This Girl Can' has recently started around the UK. It's a celebration of active women up and down the country who are doing their thing no matter how well they do it, how they look or even how red their face gets. This campaign is supported by large organisations such as Nike.

Here at St Joseph's we want to celebrate all the success of our incredible ladies and we are starting with you! We will be calling our initiative 'Our Girls Can'. We will be opening this to every girl in the school and yes... this includes the staff too.

We want to see any activities or exercises you do from running and canoeing to karate and tennis. This can be as a group, partners or even just as an individual. We are celebrating EVERYTHING!

We want you to create your own photos (like the one at the top of this page) and to come up with some creative slogans to go with your photos. Our favourite efforts will win prizes!

As well as photos, we also want to see our girls in action. Start getting handy with a camera because we are looking for short video clips where you can demonstrate your skills and show us how hard you are working. This is yet another excuse for MORE prizes!

In return for all your hard work, some of the staff at St Joseph's will be joining in with the initiative and we will be sharing our own experiences. If you are interested in seeing how your teachers train or you want to be in on our secrets to a healthy and balanced lifestyle then get involved and we'll share some of our top tips with you.

We will be using Twitter as our base for your photos and videos. In order to be fully involved in this you will need to follow **@StJoesRCpe**

We want you to use #OURGIRLSCAN whenever you post anything so that we can all follow your progress!

## GOOD LUCK!

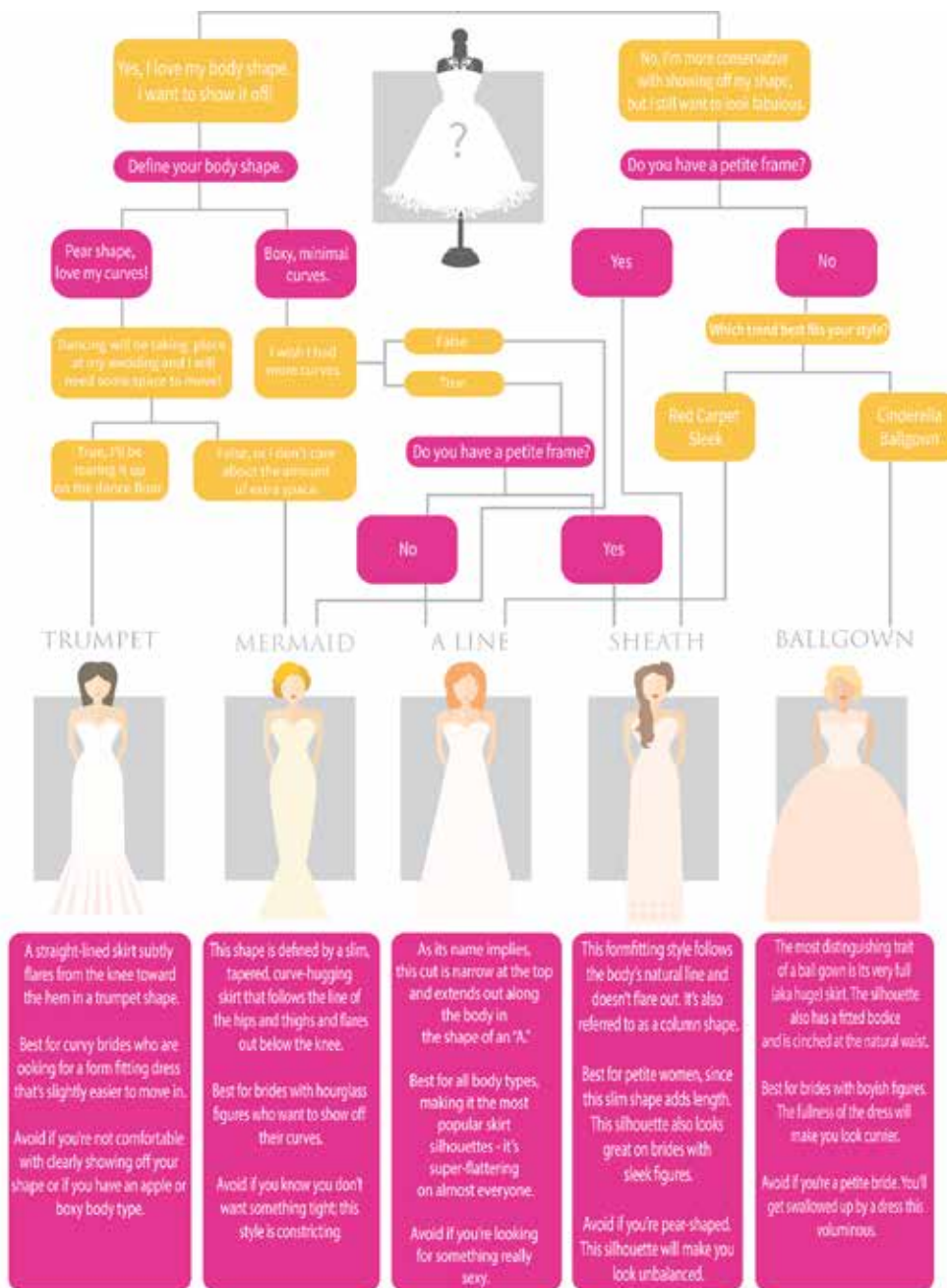
# 50 reasons to exercise...

<b>1</b>	Lifts your mood
<b>2</b>	Improves learning abilities
<b>3</b>	Builds self-esteem
<b>4</b>	Keeps your brain fit
<b>5</b>	Keeps your body fit and able
<b>6</b>	Boosts your immune health
<b>7</b>	Boosts your immune system
<b>8</b>	Reduces stress
<b>9</b>	Makes you feel happier
<b>10</b>	Has anti-ageing effects
<b>11</b>	Improves skin tone and colour
<b>12</b>	Improves sleeping patterns
<b>13</b>	Helps prevent strokes
<b>14</b>	Improves joint function
<b>15</b>	Improves muscle strength
<b>16</b>	Alleviates anxiety
<b>17</b>	Sharpens memory
<b>18</b>	Helps to control addictions
<b>19</b>	Boosts productivity
<b>20</b>	Boosts creative thinking
<b>21</b>	Improves body image
<b>22</b>	Gives you confidence
<b>23</b>	Helps you keep focused in life
<b>24</b>	Improves eating habits
<b>25</b>	Increases longevity

<b>26</b>	Strengthens your bones
<b>27</b>	Strengthens your heart
<b>28</b>	Improves posture
<b>29</b>	Prevents colds
<b>30</b>	Improves appetite
<b>31</b>	Improves cholesterol
<b>32</b>	Lowers risk of (some) cancers
<b>33</b>	Lower high blood pressure
<b>34</b>	Lowers risk of diabetes
<b>35</b>	Fights dementia
<b>36</b>	Eases back pain
<b>37</b>	Decreases osteoporosis risk
<b>38</b>	Reduces feelings of depression
<b>39</b>	Prevents muscle loss
<b>40</b>	Increases energy and endurance
<b>41</b>	Increases sports performance
<b>42</b>	Increases pain resistance
<b>43</b>	Improves balance and coordination
<b>44</b>	Improves oxygen supply to cells
<b>45</b>	Improves concentration
<b>46</b>	Helps with self control
<b>47</b>	Lessens fatigue
<b>48</b>	Makes life more exciting
<b>49</b>	Improves overall quality of life
<b>50</b>	Exercise makes you feel great!

**Pick 5 of these reasons that appeal to you and make you feel motivated to take part in physical activity.**

# DRESS STYLES



**DESIGN** *your own dress...*





## *Mrs Gates' Sporting Profile:*

### **What is your favourite sport to play?**

Netball.

### **What is your favourite sport to watch?**

I like watching most sports, but I prefer watching them live.

### **What does your weekly training program look like?**

I tend to train at least three mornings before school in the PE department gym and I will go for a run then twice a week. Sometimes my son runs with me.

### **Do you have any tips for eating healthily?**

I eat a real balance of food. I don't eat much fried food because I don't like the taste.

### **What is your favourite fruit?**

I really like grapes and pomegranate.

### **What is your guilty food pleasure?**

My real indulgence is cheese.

### **What is your favourite exercise?**

I always ensure I complete weighted diamond sit-ups.

### **An interesting sporting fact about you?**

My best ever sporting achievement was completing the Dirty Dozen race with 5 friends in 2015. We raised £2,000 for Dementia. It was the hardest thing I have ever done but I laughed nearly all the way round the course.

### **How do you motivate yourself to train?**

I actually enjoy training as it is my opportunity to release stress and it means I get some time to myself.

### **In a few words explain how you feel before training?**

Preoccupied and tired.

### **In a few words explain how you feel after training?**

Calm and energised.

### **What is your favourite motivational quote?**

*"Make sure your worst enemy doesn't live between your own two ears."*





## Mrs Geeves' Sporting Profile:

### **What is your favourite sport to play?**

Hockey, and I enjoy participating in CrossFit.

### **What is your favourite sport to watch?**

I enjoy watching a variety of sports, but mostly team sports like rugby and football.

### **What does your weekly training program look like?**

I only attend CrossFit sessions twice a week at the moment. I ensure I do one long walk a week, and am always rushing around in school and during extra-curricular clubs. Before I was pregnant, I went to CrossFit on Mondays, Tuesdays, and Thursdays, with Hockey training on Wednesdays then matches on Saturdays. Sometimes I would attend an endurance CrossFit session on a Sunday evening.

### **Do you have any tips for eating healthily?**

I used to follow the 'Paleo' diet with regards to my eating, but I have found that I really only have treats on the weekend, so try to eat 'clean' throughout the week. I do not usually eat bread, rice or pasta, but have had some during my pregnancy. It is important to enjoy your food, but obviously in moderation. You can not out-train a bad diet.

### **What is your favourite fruit?**

Raspberries, blueberries and strawberries.

### **What is your guilty food pleasure?**

Chocolate is my guilty pleasure, but I would swap chocolate for a piece of home-made cake.

### **An interesting sporting fact about you?**

I met my husband whilst we both played for the Welsh Mixed Hockey squad. I have represented Wales in Indoor and Outdoor Hockey.

### **How do you motivate yourself to train?**

I think about the positive outcomes. It enhances stress relief, allows 'Me Time'. It's about how you feel after a workout, the amount of calories burnt BUT most importantly it's about having fun with friends and pushing your body harder each time to result in bigger gains.

### **In a few words explain how you feel before training?**

Determined, competitive and motivated.

### **In a few words explain how you feel after training?**

Energised, accomplished and stress relieved.

### **What is your favourite motivational quote?**

*"Every strike brings me closer to the next home run."*



## Miss Russell's Sporting Profile:

### **What is your favourite sport to play?**

Football or badminton.

### **What is your favourite sport to watch?**

I enjoy watching any sport, especially if I get to go and watch it live.

### **What does your weekly training program look like?**

I train five times a week. I take part in boxing classes three times a week after work. On Saturdays and Sundays I like to mix it up a bit and do some running, circuit training and weight training.

### **Do you have any tips for eating healthily?**

I've started following 'The Body Coach' recipes. Joe Wickes is a social media sensation and has made cooking fun and interesting. You can find his recipes on Facebook, Twitter and Instagram.

### **What is your favourite fruit?**

I LOVE grapes and raspberries.

### **What is your guilty food pleasure?**

I can't get enough of chocolate ... oops!

### **What is an interesting sporting fact about you?**

I achieved my Black Belt in American Kenpo Karate at the age of 14. I was the youngest female to achieve this and went on to teach younger students.

### **How do you motivate yourself to train?**

I absolutely love training so I don't find it too hard to motivate myself. If I'm tired after work I put on some loud upbeat music, I throw on my favourite gym outfit and I remind myself of how good I will feel.

### **What is your favourite exercise?**

Burpees because they use every part of your body. Back squats because I love to watch myself progressing and increasing the weight every week.

### **In a few words explain how you feel before training?**

Tired, yet keen and excited.

### **In a few words explain how you feel after training?**

Buzzing, energetic and proud.

### **What is your favourite motivational quote?**

*"The greatest pleasure in life is doing what people say you cannot do."*



## Miss Hicks' Sporting Profile:

### **What is your favourite sport to play?**

My main sport is squash but I love playing any sport that involves a racket or bat. I love a game of netball and football too

### **What is your favourite sport to watch?**

I love the Rugby Six Nations and the World Cup as they are a great excuse to socialise with my friends and watch great sport.

### **What does your weekly training program look like?**

I play three squash matches a week with a gym session thrown in once a week as well.

### **Do you have any tips for eating healthily?**

I try to keep to a relatively healthy eating plan throughout the week so that I can then treat myself on the weekend.

### **What is your favourite fruit?**

Strawberries ... and cream.

### **What is your guilty food pleasure?**

I am quite partial to an Indian takeaway on the weekend.

### **What is an interesting sporting fact about you?**

I've been Squash Welsh National Champion four times.



### **How do you motivate yourself to train?**

I never want people who I've beaten before to beat me in the future.

### **What is your favourite exercise?**

If it's not on the squash court, I love a leg session. Squatting and dead lifting in particular.

### **In a few words explain how you feel before training?**

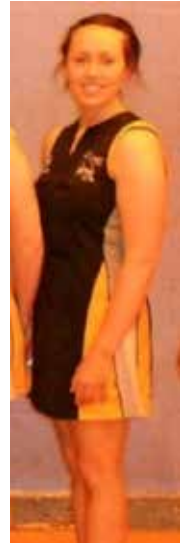
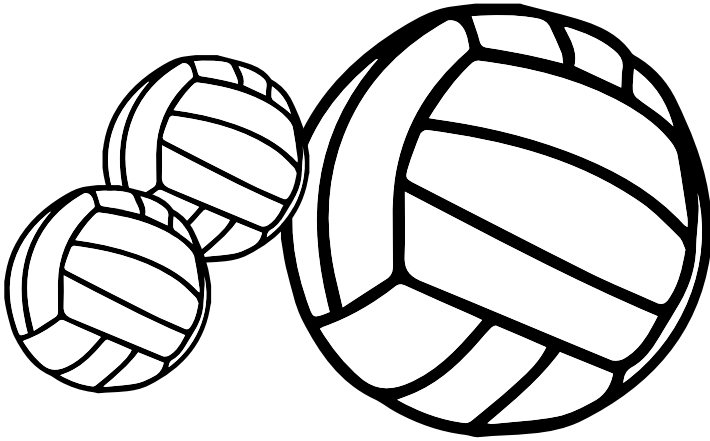
Ready and raring to go.

### **In a few words explain how you feel after training?**

Tired but happy.

### **What is your favourite motivational quote?**

*"Why go at all if you aren't going all the way".*



## *Miss Millichip's Sporting Profile:*

### **What is your favourite sport to play?**

Netball and dance.

### **What is your favourite sport to watch?**

Rugby.

### **What does your weekly training program look like?**

Monday: gym, Tuesday: rest, Wednesday: gym, Thursday: fitness blender on YouTube, Friday: rest, Saturday: rest, Sunday: family walk.

### **Do you have any tips for eating healthily?**

Prepare your own meals, eat plenty of fresh fruit and vegetables, watch your portion sizes, and drink plenty of water.

### **What is your favourite fruit?**

Oranges and strawberries.

### **What is your guilty food pleasure?**

Chocolate.

### **What is an interesting sporting fact about you?**

I was a ballroom dancer from the age of 5 to the age of 17.

### **How do you motivate yourself to train?**

Going with a friend, setting myself small goals to achieve and being ready for my summer holiday that I have paid a lot of money for!

### **What is your favourite exercise?**

Dancing, skipping and kettlebell swings.

### **In two words explain how you feel before training?**

Motivated, enthusiastic and sometimes tired.

### **In two words explain how you feel after training?**

Energised, satisfied and happy.

### **What is your favourite motivational quote?**

*"You don't have to be great to start. But you DO have to start to be great."*



## *Your Sporting Profile:*

<b>What is your favourite sport to play?</b>
<b>What is your favourite sport to watch?</b>
<b>What does your weekly training program look like?</b>
<b>Do you have any tips for eating healthily?</b>
<b>What is your favourite fruit?</b>
<b>What is your guilty food pleasure?</b>
<b>What is an interesting sporting fact about you?</b>
<b>How do you motivate yourself to train?</b>
<b>What is your favourite exercise?</b>
<b>In a few words, explain how you feel before training?.</b>
<b>In a few words, explain how you feel after training?</b>
<b>What is your favourite motivational quote?</b>

# STEP 1

*How do I get*

# MOTIVATED?

1	Motivation is a critical component of accomplishing your goals for exercise and working out.
2	Without motivation, you have no desire to get up off the couch and hit the gym, go for a jog or attend a club.
3	It is motivation that helps you feel like you have a purpose, as though the actions you take mean something and will have some sort of beneficial consequence.

SET YOURSELF  
LONG AND  
SHORT TERMS  
**GOALS**

FIND AN ACTIVITY YOU  
REALLY **ENJOY** DOING  
THAT MAKES YOU WANT TO  
DO IT AGAIN AND AGAIN

FIND YOURSELF A  
TRAINING **BUDDY**  
- SOMEONE TO  
CHEER YOU ON

CREATE AN  
AMAZING  
**PLAYLIST** THAT  
MAKES YOU FEEL  
UPBEAT AND  
ENERGETIC

GIVE  
YOURSELF MINI  
**CHALLENGES**  
THAT YOU CAN  
ACHIEVE

# BUT I CAN'T AFFORD TO GO TO THE GYM...?



You may not be able to afford to attend a gym or perhaps it's too difficult for you to get to one, but **DO NOT PANIC**. Some of the best workouts can happen in the comfort of your own home

WALKING and RUNNING outdoors are two of the cheapest forms of exercise. Both are effective, free and have lots of benefits. Walking and running are not your only option though. There are loads of exercises that you can do in your lounge, garden, kitchen or even your bedroom.

If you're struggling for ideas then try typing 'HIIT' (high intensity interval training) into the search bar on Facebook. It will show you lots of ideas like the 'Total Body Circuit' below.

**GO ON – HAVE A GO!**



# THE POWER *of* MUSIC

*Music can be a very powerful force when looking at motivation.*

In fact, there has been some research carried out that shows there is more science to this than many of us realised.

Why?

Because of its capacity to energise and increase endurance.

Did you know that, music is sometimes banned (along with steroids and stimulant drugs) to prevent athletes from gaining an unfair advantage during competitions.

For those of us that are not scientists, here are some very simple reasons why music motivates us.

MUSIC IS A GOOD DISTRACTION

MUSIC CAN ELEVATE YOUR MOOD

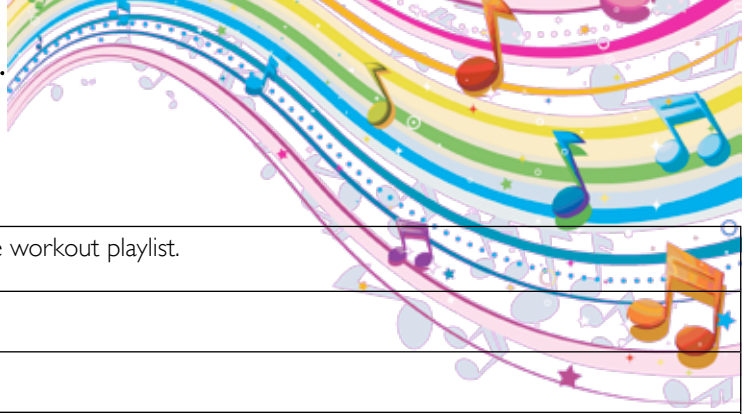
MUSIC CAN MAKE YOU  
INCREASE YOUR EFFORT LEVELS

MUSIC CAN HELP YOU KEEP  
A GOOD PACE



# MY WORKOUT

*playlist...*



Create your ultimate workout playlist.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	

# CELEBRITY WORKOUTS:



## Jennifer Aniston's Amazing Arms



5 Minutes Cardio  
3 Sets of 12 Bicep Curls  
3 Sets of 12 Tricep Dips  
20 Burpees  
3 Sets of 15 Weighted Punches  
2 Sets of 10 Upright Rows  
5 minutes of Cardio



## Beyonce's Brilliant Booty



6 Minutes Cardio  
2 Sets of 15 Squats  
2 Sets of 15 Glute Raises  
3 x 30 Second SPRINTS  
24 Walking Lunges  
10x Plyo Lunges  
3 Sets of 10 Glute Bridges  
4 Minutes Medium Intensity Cardio



## Nicole Sherzinger's SHAMAZING Abs



5 Minutes Cardio  
3 Sets of 16 Leg Raises  
4 x 30 Second Planks  
(20 second rest between each plank)  
3 x 20 Second Sprints  
(20 second rest between each)  
3 Sets of 12 Crunches/ Sit ups  
2 Sets of 15 Russian Twists  
6 Minutes Cardio



### **Cheryl's Luscious Legs**

- 6 Minutes Cardio
- 3 Sets of 12 Static Weighted Lunges
- 2 Sets of 12 Calf Raises (Use Step Box)
- 1 Minute Step Ups
- 1 Minute Star Jumps
- 15 Straight Kicks Per Leg
- 2 Sets of 10 Jump Squats (Use step Box)
- 2 Minute Fast Run
- 3 Minute Fast Walk/Steep Incline



### **The Saturdays' All Over Body Burning Workout**

- 10 Minutes Cardio
- 2 Sets of 10 Squats
- 30 Star Jumps
- 2 Sets of 10 Press Ups
- 20 Mountain Climbers
- 2 Sets of 10 Crunches
- 5 Burpees
- 2 Sets of 10 Shoulder Raises
- 20 High Knees
- 2 Sets of 10 Leg Press Machine
- 20 Heel Flicks
- 1 minute Plank
- 5 Minute Cardio Machine
- 4 Minutes Medium Intensity Cardio



### **Jessica Biel's Superb Stamina**

- 3 Minutes Fast Walk/ High Incline
- 3 Minutes Jogging
- 20 Mountain Climbers
- 50 Step Ups
- 20 Star Jumps
- 20 Bunny Hops
- 1 minute Rowing Machine Sprint
- 1 Minute Cross Trainer
- 3 x 30 Second Sprints Treadmill
- 1 Minute Sprint on Bike
- 20 Jump in – Jump Outs
- 2 Minutes Fast Walk/ High Incline

# MY HOME WORKOUTS...

*Using the exercises below. Create 3 home workouts that you could do during the week. You can also use your own ideas.*

	<b>Cardio:</b> Walking Jogging Sprints (flat/hill) Stair runs Star jumps Step ups Burpees	<b>Abs:</b> Leg raises Diamond sit ups Crunches Plank Crunches Bicycle Crunch Russian Twists	<b>Upper Body:</b> Press ups Tricep dips Bicep curls Shoulder raises Shoulder press Plank rows (USE WATER, TINS OR SUGAR AS WEIGHTS)	<b>Lower body:</b> Iso squat Squat jumps Lunges Plyo lunges Side lunges Glute curls Glute raises
1				
2				
3				

# WINNING WODS

HERE ARE 15 CROSSFIT WODS THAT YOU CAN DO AT HOME.  
NO EQUIPMENT NEEDED EXCEPT A SKIPPING ROPE.

<b>#1</b> 3 Rounds For time: Run 800m 50 Air Squats	<b>#2</b> 10 Rounds For time: 10 Push ups 10 Sit ups 10 Squats	<b>#3</b> For time: 200 Air Squats	<b>#4</b> 5 Rounds For time: Run 200m 10 Squats 10 Push Ups	<b>#5</b> 3 Rounds For time: Run 200m 25 Push ups
<b>#6</b> 3 Rounds For time: 10 Handstand Push ups Run 200m	<b>#7</b> 20 Rounds For time: 5 Push-ups 5 Squats 5 Sit ups	<b>#8</b> 10-9-8-7-6 5-4-3-2-1 sets of sit-ups and a 100m sprint between each set	<b>#9</b> 21-15-9 Air Squats Push ups	<b>#10</b> 6 Rounds For time: 10 Push ups 10 Air Squats 10 Sit Ups
<b>#11</b> For time: 100 Push ups	<b>#12</b> 3 Rounds: 50 Sit ups Run 400m	<b>#13</b> 5 Rounds For time: 3 Tuck Jumps 3 Squats 3 Broad Jumps	<b>#14</b> 5 Rounds For time: 100 single-skips 50 Squats	<b>#15</b> 10 Rounds For time: 10 Push ups Run 100M



TWITTER @CELTICCROSSFIT  
EMAIL CELTICCROSSFIT@HOTMAIL.CO.UK

GET STARTED!

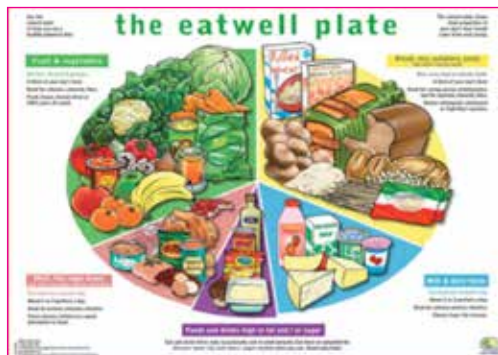
# *my* TRAINING PROGRAMME

*Create 1 training session for yourself that you would enjoy completing in lesson. This can include any equipment or exercises of your choice*

... DON'T FORGET TO REFER BACK TO YOUR TARGETS!!

A large yellow rectangular area for writing, with a vertical line on the left side, intended for creating a training session.

# ABS ARE MADE IN THE KITCHEN



*"I'm not dieting,  
I'm changing my  
lifestyle..."*

**#OUR  
GIRL  
CAN**

Eating a balanced diet is vital for good health and wellbeing. Food provides our bodies with the energy, protein, essential fats, vitamins and minerals to live, grow and function properly. We need a wide variety of different foods to provide the right amounts of nutrients for good health.

To increase your understanding of what a balanced diet looks like you can search 'The Eat Well Plate' (shown above). This will show you what a healthy meal should look like.

## REASONS TO EAT HEALTHILY

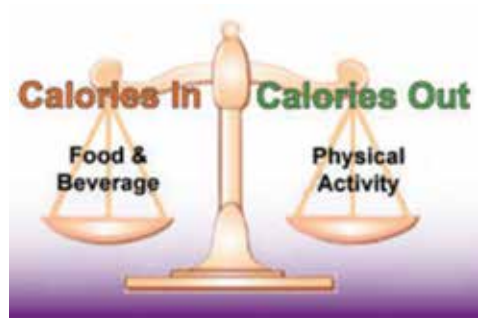
- 1 You will feel more energised and have better concentration.
- 2 You will heal faster from injuries.
- 3 You will be at a lower risk from diseases such as diabetes and cardiovascular disease.
- 4 You will look GREAT! Glowing skin, healthy hair and even stronger nails.
- 5 You will sleep better and wake easier.
- 6 You will feel more self confident.

## DON'T FORGET:

Healthy eating does not mean you have to be on a DIET and it does not mean you can NEVER eat sugar or fat again. It just means you are trying to eat these things in MODERATION and focus on a BALANCE in your daily meals.

# THE MYTH ABOUT CALORIES

*People often think calories are a really bad thing and that we must eat as few as possible... However this is a myth.*



## WHAT IS A CALORIE THEN?

Calories are the units of energy contained in the food and drink that we consume. Calories can be burned through exercise to produce energy. However, if we have more calories than we require then calories are stored as fat.

So, CALORIES are actually a source of ENERGY which our body NEEDS. However, in order to make sure calories are not stored as fat, it is important that they are burnt off through exercise of any kind. This includes walking around school to and from lessons.

To make sure that you don't store calories as fat, you need to aim to burn the same amount or more calories than you eat in a day. There are various ways to monitor this.

YOU CAN FIND OUT HOW MANY CALORIES DIFFERENT ACTIVITIES BURN BY TAKING A LOOK AT OUR DISPLAY OUTSIDE THE PE.. OFFICE.

DID YOU KNOW SKIPPING IS REALLY EFFECTIVE AT BURNING CALORIES?



## TOP TIP:

The 'MY FITNESS PAL' app allows you to monitor how many calories you eat and burn each day. This also helps to motivate you with maintaining a healthy balanced diet.

# HAVE A GO!



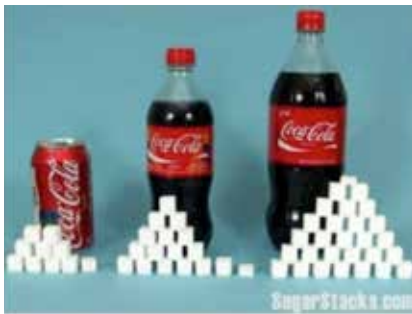
# SUGAR



*There are 120 calories in a large banana...  
There are 95 calories in a Freddo...*

So the Freddo is healthier to eat because it's lower in calories, right?

**WRONG!**



39g

65g

108g

Yikes! That's a lot of sugar!

The Freddo contains far more sugar than the banana and is therefore much more unhealthy for you. When deciding what to eat, it is important to monitor how much sugar we eat.

Unfortunately, sugar has ABSOLUTELY NO nutritional benefits to us at all – apart from making us smile!

One of the worst sugary habits for many people is the consumption of fizzy/energy drinks.

**LOOK HOW MUCH SUGAR COCA COLA CONTAINS ...**





## **Reasons Why Sugar Destroys Your Health**

*rawforbeauty.com*

Suppresses the immune system

Interferes with absorption of calcium and magnesium

Causes hyperactivity, anxiety,

difficulty concentrating, and crankiness in children

Causes copper deficiency

Makes eyes more vulnerable to age-related macular degeneration

Leads to chromium deficiency

Leads to cancer of the ovaries

Increases the risk of breast cancer

Contributes to eczema in children

Contributes to obesity

Causes food allergies

Can cause tooth decay

Can cause arthritis

Can cause asthma

Can cause heart disease

Can cause hemorrhoids

Can cause varicose veins

Can exacerbate PMS

Can lead to the formation of kidney stones



# FOOD DIARY

FILL IN THE FOOD DIARY BELOW FOR A WEEK AND SEE HOW HEALTHILY YOU CAN EAT. **CHALLENGE:** CAN YOU EAT FIVE FRUIT AND VEGETABLES EVERYDAY?

	Breakfast	Lunch	Dinner	Snacks	How do you feel?
<b>MON</b> ----- out of 5 fruit/veg					
<b>TUES</b> ----- out of 5 fruit/veg					
<b>WED</b> ----- out of 5 fruit/veg					
<b>THURS</b> ----- out of 5 fruit/veg					
<b>FRI</b> ----- out of 5 fruit/veg					
<b>SAT</b> ----- out of 5 fruit/veg					
<b>SUN</b> ----- out of 5 fruit/veg					

*Remember, it is okay to treat yourself now and again...*



SOME PEOPLE MAKE EXCUSES AS TO WHY THEY CAN'T EXERCISE THAT DAY, WEEK, MONTH OR EVEN YEAR. HERE IS A LIST OF SOLUTIONS FOR OUR MOST COMMON EXCUSES:

**“My hair will get sweaty and greasy”**

Not a problem! Invest in some dry shampoo. If I'm in a rush and don't have time to wash my hair I always use this product to help me get through the day.

**“I don't feel like it and I'm tired”**

Even elite athletes will lack motivation so you are not on your own. The most important thing you can do is to find ways to make yourself motivated.

You could work out with a friend, buy a new gym outfit, play loud upbeat music or even try something completely new to get your adrenalin pumping. Why not try and find an activity that you LOVE and want to do again and again!

**“The gym and weights are for boys”**

Unfortunately, weight training has a gender stereotype attached. It's for men, right? The only weight training women should do is with a 1kg dumbbell – they certainly shouldn't be dead-lifting, shoulder pressing or curling heavy weights. Wrong. The gym is incredibly fashionable nowadays for both men and women. Women all over the world are working hard to break the gender stereotypes and show other woman that they do not need to avoid exercise, the gym and especially not weight training.

**“There's no point – it wont help me”**

There are SO MANY reasons to exercise. You need to find out all the benefits and figure out what means something to you. Go to page 5 and find a reason to exercise.

**BE STRONGER THAN YOUR EXCUSES!**

# MY GOALS *revisited*

Have a look back at the goals you made at the start of your challenge. In the spaces below write a couple of sentences about each goal and how you think you have progressed towards your goal.

Was there anything you would have done differently?

Did you enjoy having short term challenges to work towards?

Did you feel motivated to achieve your goals?

Could you set yourself goals outside of the school environment?

1

2

3

# MY WOD...



I also know  
the offside rule.

THIS  
GIRL  
CAN



My gameface has  
lipstick on it.

THIS  
GIRL  
CAN



I'm a contender.



Tried hitting  
the gym.  
Preferred  
hitting the ball.

THIS  
GIRL  
CAN



I'm slow but I'm lapping  
everyone on the couch.

THIS  
GIRL  
CAN



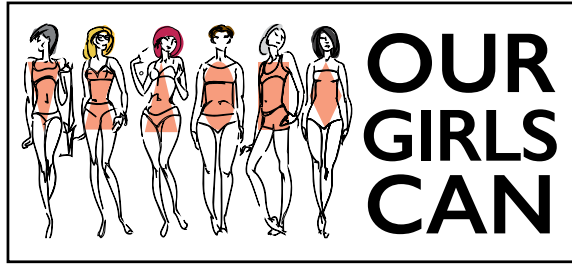
Hot and not bothered.

THIS  
GIRL  
CAN



Under these  
gloves  
is a beautiful  
manicure.

THIS  
GIRL  
CAN



**#OURGIRLSCAN**  
@StJoesRCpe



St. Joseph's RC High School  
Ysgol Uwchradd Gatholig Joseff Sant