

Meet – Lucy Alexander-Davies



1. Which sport or physical activity are you currently involved in?
I am currently attending a child friendly circuit session, taking place at a local trampoline centre.
2. How did you get involved in the sport/activity?
I found out about the session through a fellow mum friend at a playgroup meeting. Suitable sessions with childcare have been particularly hard to find although I have come to realise that they do exist, they just aren't particularly well advertised!
3. What do you enjoy most about being active?
I love the way that being active makes me feel. I get a real buzz out of pushing myself and achieving things I didn't know I was capable of. It sounds weird but I enjoy the fatigue afterwards and get a real sense of achievement out of having worked hard. At this point in my life, it is also really nice to do something for myself at least once a week!
4. Who (or what) inspired you to get involved in sport/physical activity?
I have always been active but have had some time off after the birth of my two children, finding it difficult to programme it in around parenting commitments. I do however think being active is paramount to a healthy lifestyle and am keen that my kids witness their parents being active and see how enjoyable it is – hopefully it will rub off on them!
5. What has been your biggest challenge in sport/physical activity and how did you overcome it?
My greatest challenge has been finding an appropriate opportunity to fit in with my life! My husband has been working long hours in a new job and as my kids haven't been particularly good at sleeping in the night, by the time it gets to the evening and he is home, I am ready for bed! Therefore the activity needed to provide a childcare option, fit in with their nap schedule and was fun for them too! Cost was important as so many things for children cost more than I was prepared to spend whilst on maternity leave, and proximity to our home was also high on my list of requirements!
6. How have you made being active work for you and your lifestyle? (Have you had to juggle childcare / work responsibilities for example?)
The session that I have been attending allows you to take your children along with you and make use of the trampolines whilst you exercise alongside them. It's a really relaxed session, so you are able to stop to see to them if necessary (get snacks or additional entertainment!) and the fact that it is an activity for them too

helps stave off the guilt of doing something that isn't specifically for their benefit alone!

7. What are your personal goals regarding sport/physical activity in the future?
Eventually I would like to get back to playing sport and training regularly but understand that for now, this is about all I can fit in!

8. What has been your biggest achievement since becoming active?
My biggest achievement since becoming active again was completing my first full class! It's not particularly ground-breaking but it's the beginning of my journey back to fitness again and I was proud of myself for it!