



AL NEWS!



Non-sporty Lottie becomes an Active Leader...finds her love for changing lives through physical activity....travels the world using her Active Leader skills....and now has a full-time job inspiring others to be active.....

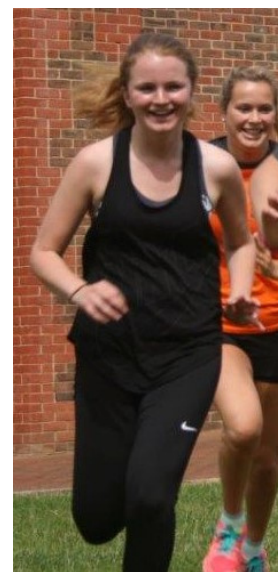
In the Summer of 2016 Lottie Drury was part of the first ever Active Leader course. It ignited her interest in helping others to enjoy being physically active and learn the benefits of living a healthy lifestyle. It's amazing where those 5 days of Active Leader training have taken Lottie since.....



Lottie admits she was never one of the sporty kids at school. "I am not very good at any sports which stopped me from taking part at school as much as I would have liked. The chance to train as an Active Leader changed my thinking about sport. I learned how using fun games could positively change young people's sporting experience. The course has allowed me to create inclusive, active environments, where everyone can participate and reap the lifelong benefits, in and beyond their school days, whatever their sporting abilities."

Lottie's Active Leader experience inspired her to choose a related course at university. "Active Leaders sparked my interest in the wider health and physical activity challenges we have both in this country and globally. I began to research university courses in which I could combine my scientific A levels with my desire to understand how to reverse inactivity and improve health. I was delighted when I was accepted onto the BSc in Health and Exercise Science at the University of Bath. "

Lottie continued to learn and build on her Active Leader skills in term time, over Summer and in her work placement on the other side of the world. "Becoming an Active Leader significantly improved my confidence - enough to move to the other side of the world (New Zealand) for my placement year. I worked in Community Sport, creating and delivering practical exercise sessions to all ages, from children to older adults in retirement villages. I used lots of ideas for games and activities which I had developed with my peers on the Active Leader course. I also delivered sessions to coaches about improving sporting environments and taught swimming to young children - again utilising my Active Leader skills."



"My Active Leader interview experience helped me secure my job in public health with Birmingham City Council as well as my part-time MSc in public health with Kings College London. It proved what valuable and varied experience just a single week had given me, even 5 years down the line."

"I recommend ANYONE and EVERYONE to do the Active Leader course and to turn up open-minded and enthusiastic. You never know what effect it may have on your professional future."

If you'd like to experience the Active Leader course for yourself, visit www.activeleaders.co.uk and ask your school head of year or your community leader to contact Active Leaders and book a course.