



**Name?**

Toni Lane

**Favourite activity?**

Olympic weight lifting

**Why you choose it?**

I love the personal challenge and thrive on the competitive side of the sport. It helps me to feel strong within myself which is great for my self-confidence.

**Why you love it?**

The challenge of making each lift and the competition side of lifts.

Olympic Lifting, being such a technical sport you have to lift with the perfect technique when it counts. Making sure the strength, power and speed are correct is a real mental challenge as well as the physical challenges that come with the hours of lifting in training each week.

**Where do you hope your activity will take you?**

I am currently enjoying continuing my training at Invictus Fitness. It has been a fantastic outlet and the Invictus Team have been extremely supportive. I am also hoping to be able to compete internationally again and Nationally if the state borders stay open. We do have the option of online competition for our international completion instead. I am also wanting to break the Australian Snatch record for my age and weight class and increasing my current Australian record for clean and jerk and total.

**What would you say to other women and girls who are looking to start, or starting, a new activity?**

Everyone starts somewhere- you never know where starting will take you. Everyone is a beginner at some stage!

**How do you think Moorbaool Shire can help more girls and women be active?**

Get to know the programs being run in the community, offer more information to women about the programs out there, continue to promote more girls and women in sport that are in our community.