



# Female friendly ambassador

**Name?**

Glenda Stott

**Favourite activity?**

Senior exercises walking

**Why you choose it?**

I just love to participate, with friends and companionship and support from other seeking friendship

**Why you love it?**

Fitness, social aspect, mental health improvements and friendship

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

No real goal – just to keep active

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

Just take that first step to meet people. The friendship is so important

**How do you think Moorbaool Shire can help more girls and women be active(e.g. provide more programs, create ‘come and try’ days, offer discounted entry fees, promote more girls and women in sport)?**

All of the above