

Physical Activity

NARRATOR: There are a lot of benefits to participating in sport and being physically active, just like some of Canada's top athletes. Mary Spencer is one of Canada's top boxers. She has eight national titles and three world titles. She says boxing makes her feel like she's on top of the world.

MARY: It is so exciting for me to box. It's the most exciting thing I've ever done in my life. You know, step to the ropes with my gear on, knowing that I've put training in and to step in and compete in front of people.

NARRATOR: Some of those people are part of the community that she grew up with.

MARY: I am Ojibwa from the Chippewas of Nawash First Nation in Ontario. It's been really inspiring for me to know that when I go and I compete there's a lot of Aboriginal youth across this nation who are really looking up to me and that's just a phenomenal thing to know.

NARRATOR: In addition to loving the sport Mary also loves physical activity as a whole.

MARY: Being active is important to me and it's something that even when I'm finished boxing I'm going to remain active in my life, whether it's other sport or an activity that just keeps me active. Because I love being in shape. I see the benefits day to day even when I'm not in sports. You know, just doing activities. I have high energy. I feel good. I breathe easy. I've been in shape, I've been out of shape and I know which one I prefer. I know which one, you know, feels better and makes me happier.

NARRATOR: She says you can continue to stay in shape in many different ways.

MARY: I don't think you have to like sports to be active. I think the number one thing is just to get outside, get moving. See what you like to do. You know, being active, moving your body is such a great thing and you can really explore and see what you do like.

NARRATOR: And when things are tough?

MARY: It's really easy when you have a goal to overcome obstacles when they're thrown at you. That's something I've learnt throughout 12 years of goal setting in my sport, that when you know where you want to be and where you're going it's really easy to deal with all the stuff that, you know, comes along and tries to throw you off.

NARRATOR: There's also a more serious reason why she commits to lifelong participation.

MARY: So there's a long history of diabetes in my family and I know that staying active and healthy is one way to prevent that. So that's one thing that definitely inspires me to stay active in my life.

NARRATOR: Lifelong activity is an important part of healthy living and it is fun too. So find what you love to do and give it a try.