



NICOLA ADAMS

Nicola Adams is an inspiring woman from Chapeltown in Leeds. She is the first female boxer to represent England in the Olympics, winning gold after competing in the Summer of 2012. She went on to win gold again in 2016 at the Rio Olympics. Continuing to smash records, Adams also became the first openly LGBT person to win an Olympic gold in boxing. Adams had her first fight was aged 13 at a working mens club in East Leeds which she won, however she found it really hard to find any other women to box with, as she was not allowed to box boys. Adams trainer Alwyn Belcher has memories training her at Chapeltown Park bandstand while the gyms were closed over a bank holiday. Adams has retired from professional boxing now, but continues to be a wonderful source of joy, inspiration and activism to the world. Adams and her girlfriend use the social media platform TikTok to raise awareness of the stigma and bullying they receive as an inter-racial same sex couple. Adams is also outspoken about the discrimination and prejudice she has experienced in sport. Discrimination means unfair treatment of a person due to their sex, religion, race, disability, or other personal traits.

Keeping fit and healthy is really important for Nicola Adams. Can you complete this fitness routine at home? Use a pen or pencil to tick off an exercise each time you complete it! Ask an adult if you are not sure what any of the activities mean. Remember to take part safely and be careful of people and objects around you.

- Jump on your right foot 10 times
- Do 10 sit ups
- Balance on your left foot for 10 seconds
- Do 15 jumping jacks
- Jump on your left foot 10 times
- Bend down to touch your toes for 15 seconds
- Run on the spot for 1 minute
- Do 3 cartwheels
- Balance on your right foot for 10 seconds
- Try a handstand
- Do 10 lunges
- Find a friend you can challenge to a race

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Can you design your own Olympic medal?

Which event would you want to compete in?

