



## **Anna Verges Bausili**

Staff Volunteer: Athletics

### **What do you get involved in at Manchester University?**

I cycle to work every day and sometimes run into work - it is a great way to beat the traffic and fit exercise and mobility into the otherwise often far too sedentary life styles we have. There are very supportive groups at University for both commuter cycling and commuter running with free breakfast included - what else can you want?

### **Why is female engagement so important?**

It is great to see women cycling, running or exercising. Sport has in the past been reserved to men and exercising being seen as masculine. Thank god all that is rapidly crumbling...

Sport and in particular its benefits for health and wellbeing are for *all* not just for the already fit.

*To join the cycle and run to work schemes visit:*

***<http://umbug.manchester.ac.uk/> or  
[www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/](http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/)***