[Music - Justine stretching at park bench]

**Justine:** When my kids were little I realised that I needed some time for me and the early mornings when everybody was asleep was the only time and I got up and I started going to the gym and then I did whatever sort of fitted with the changing routine. So running, swimming, it was, check in, feel good, feel fit, and then Icould get on with my day and do whatever I needed to.

[Music - Justine jogging along path]

**Justine:** When i'm active, i'm fit and I feel strong and I can think clearly and that means that I can go off and give my best to whatever my family needs, what my job needs, what my friends need and you know I feel as i've been contributing to doing the best I can for everybody and that's a good feeling.

[Music - Justine jogging along path]

**Justine:** The family's happy when i'm happy. I know that sounded a bit corny. Yeah, happy wife, happy life.

[Music - Justine jogging along path]

**Justine:** I trained myself to get up early I wasn't a morning person at all and now my kids are teenagers i'm still the one that's getting up before dawn doing exercise and they're just going, oh god there goes mum again. So yeah you can make the time you just actually have to want to do it.

[Music - Justine stretching]

**Justing:** Keep active anybody it doesn't matter what age you are everybody can benefit from being active and you find something you enjoy and that's what i'm doing at the moment i'm having a bit of fun.

[Music - Justine looking into camera]

**On screen text:** she can, she does and #sheplaysnt logo, Northern Territory Government logo, dtsc.nt.gov.au/women-in-sport