[Music - Chantelle in gym stretching on equipment]

**Chantelle:** A couple years ago I walked into a Darwin gym up here and I was really scared to go in there and I felt that it was a place for men and I think that came from society, like growing up, we were conditioned to believe that women shouldn't be strong.

[Music - Chantelle doing stretches)

**Chantelle:** I started at the gym because I was unhappy with myself, previously I used to play a lot of netball and I knew thatsports and exercising releases endorphins and that's what makes you feel good. They're the happy hormone. They can help your mood. They can help you cope with everyday issues.

[Music - Chantelle lifting barbell into air]

**Chantelle:** I had to build a lot of confidence to be able to come into the gym and walk around and do everything that I do and I did that by realizing that it's not about anyone else's opinion. It's about what you want to do. You can't let other people's opinions affect your choices.

[Music - Chantelle grabbed a weight bar]

**Chantelle:** I questioned myself a lot. There's a lot of self-doubt in there and I'd talked that out with my coach and my friends and my family and they are uplifting and they helped me to succeed. They helped me keep chasing my goals.

[Music - Chantelle talking into camera]

**Chantelle:** I'm getting better, but I'm not perfect.

[Music - Chantelle lifting weight bar into air in front of mirror]

**Chantelle:** Just give it a go,like just go in and try what your heart tells you that you want to try if you don't like it try something else, if you love it, you do it don't let anyone stop you from doing it.

[Music - Chantelle takes shirt off and throws it at camera laughing]

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