

# ELLE'S STORY



## Weightlifting and Climbing

I was just looking on the [Off The Record \(OTR\) website](#) and I was like, 'weightlifting, ok, that looks really interesting'. So I ended up signing up for that. I then saw climbing and I was just like, 'why not, that looks like fun'.

I definitely felt like I had improved confidence, being able to go there and do it, especially as I've got a health condition that limits what I can do. What I wanted was just to feel like my body was mine again, and it was nice to see that my body can do stuff.



It's nice to be able to do something different and watch myself make progress. And the social aspect of climbing was really good because I've kept going with the same group of people, which has been really nice for me.

I do try to keep that up [the weightlifting]. It is nice to go to the gym and have a sense of 'I know what I'm doing'. I've actually been able to go and use the free weights section at the gym which is something I just don't think I would've done before. I do think it has on the whole just really benefited me in so many ways.

I've got a new hobby, climbing, that's really cool. That's something I never really saw myself getting into. I do feel like my mental health is better. I'm less depressed overall and my self-esteem is better, and I'm certainly less anxious. And I'm more willing to try new things now that I've had that positive experience. And I've also just opened up into worlds that I didn't know were out there

I do feel that finally things are sort of slotting into place. And I do feel that that did begin with OTR. I feel like that has actually got the ball rolling for me, and that has been really powerful. And how it's benefited me that could easily benefit someone else, no matter what's going on in their lives. I feel like there are overarching benefits for everyone in this kind of stuff. And I'll definitely keep an eye out for future OTR projects, because it's just been a good thing in my life.

