

Nominee's Name:

Chelsea Mears-Graham

Organisation Name:

Active Tameside

Your Nominee's Place of work/volunteering:

Active Tameside & Live Active

Please provide a narrative (500 words max) about your nominee in the space below.

Chelsea's passion for physical activity began at an early age and as a child she took part in many sports and clubs then in her teenage years she swam competitively representing Cheshire and the North West. Chelsea was very determined to compete at the highest possible level she could and was very keen to understand more about physical activity and how the body works to help ensure she got there.

Chelsea's achievements have been significant within her career. She began employment with Active Tameside as a lifeguard and although the job wasn't her dream role of working within the fitness environment it was a step in the right direction. It was at this time Chelsea suffered many knockbacks. She applied for various fitness positions but was told she didn't have the knowledge and expertise to progress.

This didn't stop her. Chelsea decided to self-fund her own Exercise to Music qualification in 2012 which was one of the hardest things she had ever done. She failed the practical exam three times and was about to give up on her dream of working within the industry but took the exam one last time, passed with flying colours and from then never looked back.

Chelsea went from strength to strength. She gained employment within the gym environment and worked incredibly hard to progress through various fitness and health qualifications and now holds a level 4 in cancer rehabilitation. Today Chelsea works with patients with complex health needs assisting them to improve quality of life through physical therapy.

In 2017 (less than a year from completing her Level 3 personal trainer) Chelsea was nominated by Trafford College to enter the World Skills UK Fitness trainer competition and made it all the way through to the national semi-finals. She finished in the top 8 best personal trainers in the UK which was an incredible achievement and one she still can't believe herself.

Chelsea embodies the UK Active mission and outside of her role continues to compete in Triathlons, is heavily involved with her local swimming club and plays an active role supporting younger athletes within the club. She volunteers at her local ParkRun every Saturday and together with friends compete and motivate each other to complete a variety of triathlons and ultra-running events.

Lack of confidence and self-belief is something Chelsea has had to work incredibly hard to overcome, to this day she still has doubts at her ability to complete a challenge. Winning this award would mean the utter world to Chelsea. She is an incredible inspirational woman, has worked tirelessly to overcome her own personal barriers whilst helping and inspiring others along the way. If Chelsea was to win this award it proves that dreams actually do come true and demonstrates how by staring your personal fears directly in the face, anything can be achieved.