

BREAKING BARRIERS FOR CYSTIC FIBROSIS

# TODAY'S DEDICATION

DAY 29: FRIDAY 29<sup>th</sup> SEPTEMBER 2023



## HELEN

Hello! Well this is me! I am 46yrs old living with CF.

I couldn't always run.. but I did the Gold Coast Half Marathon probably 10 years ago and went on to do Dublin Marathon twice and Berlin! With decent times too! In the more recent years I have been consistently weight training and have now got myself some muscle.

With the help of new the new wonder drugs, my CF feels like it's on pause. In saying that I am currently an inpatient in St Vincent's Hospital where the Adult population attends. I am receiving IV antibiotics for my chest and will be here for two weeks.

My last admission I can thankfully say was 18 months ago.

My biggest achievement in life is my gorgeous daughter, Emily she is 17 years old, and about to start her new chapter in college. And I know she will be amazing. My parents have been my biggest support; always encouraging me. And they never wrapped me in cotton wool!

My advice is to surround yourself with the right people.

As a personal trainer I am inspired daily by my clients... my friends and my family. Thank you again and very best of luck with your massive challenge. Amazing 🥰

I hope my story inspires others and gives encouragement to new parents receiving the news of Cystic Fibrosis.

My parents were told I would live beyond 10years of age and here I am! 💪

