

# 'HOW I BUILD MY BODY'



Jill Scott MBE  
**Footballer**

**Credentials:** Appeared at four World Cups with the England Women's football team and has 149 caps to her name. Player-coach with recent 2020 FA WSL Cup winners Manchester City WFC; winner of the FA Player of the Year and FA International Player of the Year.

## CARDIO

'I train five days a week and play a game on Sundays. As a midfielder, I need a lot of endurance to constantly run from one end of the pitch to the other to help out with both defending and attacking, and to last for 90 minutes – sometimes we play for 120 minutes if we go into extra time. Training sessions involve a mix of small-sided games, shuttles, passing drills and possession work that end with long runs as you get more gains when your legs aren't fresh. I'm naturally built like a runner and that's been advantageous over the years, but



it's been hard keeping myself at the top of my game as I've got older. I'm 33 now and running against 18-year-olds, so I'm proud that I've kept myself so fit. It takes hard work, there's no way around it.'

## STRENGTH

'Strength training is massively important. I'd be completely lying if I said I was a fan of the gym, but I've always put the work in because I need to be willing to go in hard on tackles and bash someone off the ball. Because my legs have a lot of mileage on them, I train to manage my body

### VITAL KIT

'The older I get, the more I feel the cold, so I wear Under Armour base layer tops to keep me warm and redirect my sweat. Being from Sunderland, I used to be one of those players who thought you looked soft if you wore thermals or gloves, but I've even started to wear those! It takes me two minutes to pack for a game. I literally need my Nike football boots, shin pads, wash bag, and I'm ready to go.'

### WHY TRY FOOTBALL?

- 'Playing football is great for your mental health, because you get to meet new people and share the team spirit that comes from playing together. You learn so much as a person about winning, losing, how to talk to other people and treat them respectfully.'
- 'You don't have to play competitively to enjoy the benefits. These days, there are so many more opportunities to get involved and you can go along to open play sessions just to have a kick about and a laugh. Find your local club at thefa.com.'
- 'Being fitter can have a really positive impact on your lifestyle, and football works every muscle of your body and your cardio fitness to the max. You only get one body so it's important you look after it.'



*'I'm naturally built like a runner and that's been advantageous over the years'*


with bodyweight exercises rather than lifting heavy weights.'

### FUEL

'Nutrition is something I've concentrated on more as I've got older. As a youngster working and travelling from Sunderland to Liverpool three times a week to train, I'd grab whatever I could from service stations. Now, it's all about eating the right things and taking in the recovery drinks. I used to pick up lots of little colds, but I haven't had one in years and I do believe that's down to having lots of fruit and veg. However, I do like

the odd chocolate treat, so I'm not completely healthy!'

### RECOVERY

'Rest is essential, and a lot of players could be better at it. It gets drilled into you to train hard, but I think you should train smart. You need to pick your days when you can put in more effort and know when your body needs recovery time. I get one day off a week, and I use it as a mental rest away from football as well as a physical one. I love drinking coffee and people watching for hours or going for walks. I'm quite boring!' 

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