

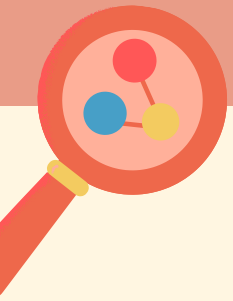


# Nihaal

Badminton Participant



May 2026

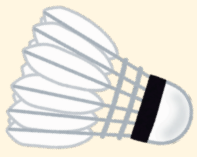


We spoke with Nihaal, one of our regular badminton members, to hear about her journey with MSA and what keeps her coming back each week.

## A little about me...

I'm 41, a mum of two (aged 17 and 11), and originally from Pakistan, though I've lived in the UK for a long time.

Right now, I am training to become an ADI (Approved Driving Instructor), so look out for me in the future if you or your kids need driving lessons! Before MSA, my only real exercise was random walks and cycling once a week with Cycle Sisters. I've always loved badminton since I was a kid, but I never had the right environment or the right group to play with, so I never got to improve my skills.



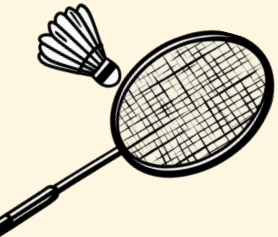
## Where did I first hear about MSA?

A lady from my cycling group casually mentioned MSA badminton to me. Before joining, I had tried a casual group, but I didn't enjoy it because it lacked structure and didn't have a coach. We just got stuck with the same partners.

When I attended my first MSA session with a friend, I actually didn't like it at first! Because I was so used to random, unsupervised play, the structure felt overwhelming, and I didn't plan on coming back. But because I had already paid for the second session, I forced myself to go and I absolutely loved it from that second session onwards!

## Why I keep coming back?

The reason I come back every single week is the incredible company of the ladies. They are so kind and friendly. But the coach is truly super, super amazing. It's a small detail, but it means the world to me that she remembers my name and all the ladies' names, as if she has known us forever! She encourages everyone personally at their own level and has this amazing talent for pairing us up with people according to our ability.



## The Impact



It has done wonders for my fitness and stress levels. My knees used to be really sore and painful, but with regular activity, they feel so much better now. I look forward to badminton the whole week! It genuinely lifts my mood (unless I play terribly, of course then I feel sad).

## My Message to You

I am a very shy person, and taking that first step was really difficult for me. But now, I'm totally addicted. If I miss a week, I'm itching to go back! To any lady who is feeling nervous or hesitant, I say: Please just come and try it out. I am not great yet, but I am improving every week. Come join us!

