Audio description (AD): 37 year old Cyreeta sits at home facing the camera.

I had no issues with my sight as a child until I was diagnosed with Stargardts, at seven.

But it wasn't until much later when things steadily went downhill.

AD: Cyreeta uses her laptop on the sofa.

In my twenties, my central vision went, and the depression just hit me.

I was unemployed, just graduated and just stuck at home.

I stopped caring, stopped looking for work, and my motivation just went.

But, I slowly pulled myself together, adapted to life with sight loss.

I got a job and had a wonderful son.

AD: The camera pans over children's toys.

It wasn't all rosey though, I was unfit, I wanted to lose weight and I wanted to some time to myself.

Even if it was just 30 minutes a day.

I tried a dance class and I had to stand right in the front to see.

And, although it seems silly now, I just felt so self-conscious and so exposed.

AD: Cyreeta looks at her phone.

‘Open Couch to 5k.’

So despite having the app for about a year and always finding a reason not to.

I decided to give Couch to 5k a go.

AD: Cyreeta walks to her local park.

My first run slash walk, was around my local car park.

I actually thought about just pretending to do it, just so that I can get a little bit of time by myself out of the house.

AD: She puts on her headphones and starts to jog.

But I actually did it.

I ran for 8 minutes.

It just felt so empowering and I thought to myself, you know, if I could do 8 minutes, then I could do 15 and maybe even 30.

AD: She runs along the path near a stream.

Then I ventured onto the local streets and the park.

Even though I was worried about tripping over someone's dog or kids or running too close to the stream.

But I stayed on my feet and my confidence grew along with my run times.

AD: Cyreeta steps onto a treadmill.

I even signed up for the gym, which is another milestone.

Overcoming those machines and all those fiddly buttons, you know, just through trial and error.

AD: She starts to jog.

That's where I hit my goal running for a whole 30 minutes, letting out a ‘whoop’ in the middle of the gym and getting a thumbs up from the girls next to me.

I used to wonder why people would torture themselves with running but, when you get up and do it, it's actually not as bad as you think.

AD: Cyreeta walks home with a smile on her face.

And there's no doubt that it helps with your mental health.

I come back revitalised and ready to start my day.

It's strange to think now, that just wanting that half an hour to myself would turn into one of the greatest achievements of my life.

Start your own journey today.

Take the See Sport Differently quiz to find an activity that's right for you.

See Sport Differently in partnership with RNIB and British Blind Sport funded by Sport England and the National Lottery