



Kayla Harrison won a big UFC fight against Julianna Pena and got the bantamweight title. She has two Olympic golds too.



Kayla spoke to people feeling low. She said, "This is for anyone who's felt hopeless." She believes in staying strong and having faith.



Amanda Nunes, a famous fighter, wants to fight Kayla next. Many think it could be the biggest fight in women's UFC history.



Kayla is a single mum. She adopted her niece and nephew. She wants to inspire other mums to keep going.



Merab won against Sean O'Malley.
He has 13 wins in a row and wants
to inspire others.