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Balanced female health handbook for adults supporting young people in community sport. Supporting balanced female health

Theme: Youth

Balanced female health handbook for adults supporting young people in community sport.

Co-authored by Sport NZ

Supporting balanced female health in sport

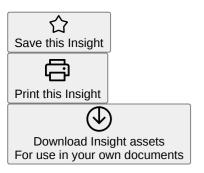
Sport NZ recognises that female-specific needs in community sport are unique. As coaches, parents, instructors and administrators, understanding female health is critical to being able to respond and provide support for young people to be active in ways that boost their wellbeing.

Balanced Female Health is a new resource for adults supporting young people in community sport. Developed by health professionals working in the sport sector, this resource covers changes throughout female puberty, the menstrual cycle, and factors that impact the physical health and mental wellbeing of all young people.

Balanced female health handbook

Infographic

Balanced Female Health | Sport New Zealand - Ihi Aotearoa (sportnz.org.nz)



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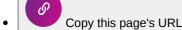


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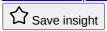
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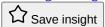
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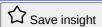
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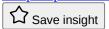
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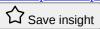
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Celebrating Champions of Change: Kylie Heihei

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Webinar replay: Supporting Sporty Girls for coaches or administrators

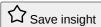
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Young women from the Women's Organisation of the Waikato Muslim Association with First Step Outdoors staff, after a river trip.

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By Robyn Cockburn - LUMIN

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Managing the Physical Load of Female Athletes

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By Briana irving - Aktive - Auckland Sport & Recreation

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