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

Theme:
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 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](#)

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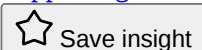
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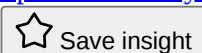


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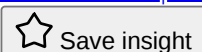


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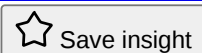


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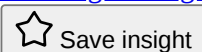


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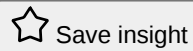
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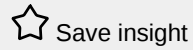


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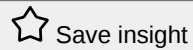


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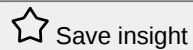
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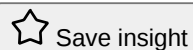
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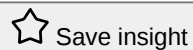
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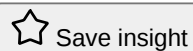
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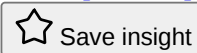
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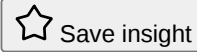
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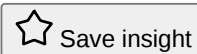
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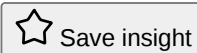
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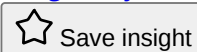
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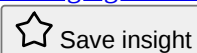
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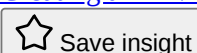
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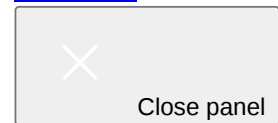
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