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Parents Guide to getting young women and girls physically active

Theme:
Leadership

 Parents Guide to getting young women and girls physically active

[Briana Irving](#)

Co-authored by Aktive


 Aktive - Auckland Sport & Recreation


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This parents' guide gives insight into encouraging young girls to be physically active, by creating an enjoyable and supportive environment where girls can build body confidence, strength, flexibility, and friendships.

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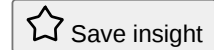
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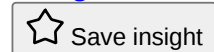
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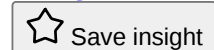
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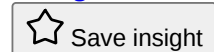
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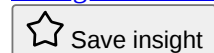
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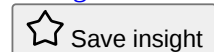
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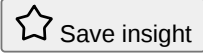
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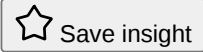
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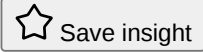
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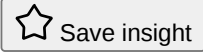
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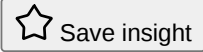
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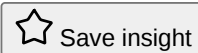
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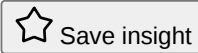


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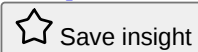


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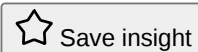


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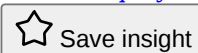


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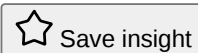


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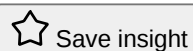
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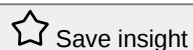


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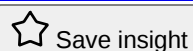


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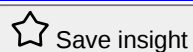
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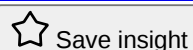
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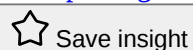
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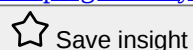
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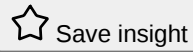
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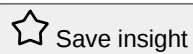
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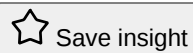
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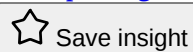
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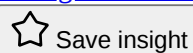
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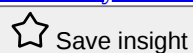
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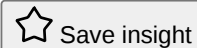
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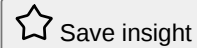
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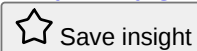
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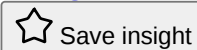
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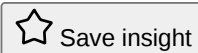
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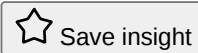
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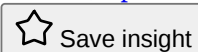


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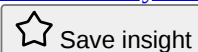
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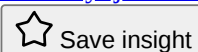
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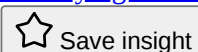
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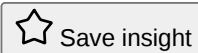
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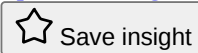
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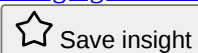
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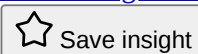
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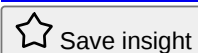
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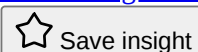
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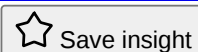
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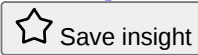
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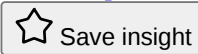
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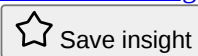
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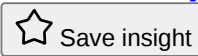


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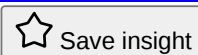
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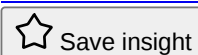
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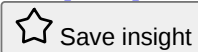
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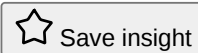


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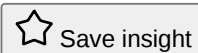
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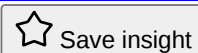
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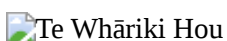
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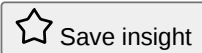
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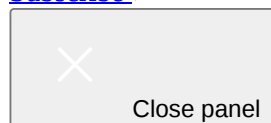
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