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Supporting Balanced Female Health

Theme:
Youth



[Emma Evans](#)

Co-authored by Sport NZ





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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.

[Click here for the resource.](#)


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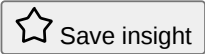
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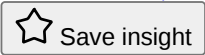


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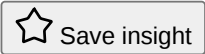


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