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# Parents Guide to getting young women and girls physically active

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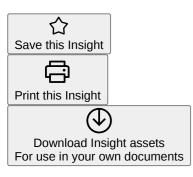
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# This parents' guide gives insight into encouraging young girls to be physically active, by creating an enjoyable and supportive environment where girls can build body confidence, strength, flexibility, and friendships.

# **Downloads & Resource Files**

• <u>hera-parents-toolkit-final.pdf 860KB PDF</u>

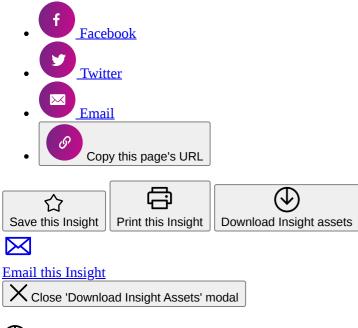


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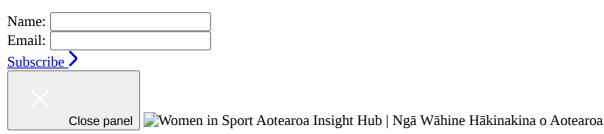


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