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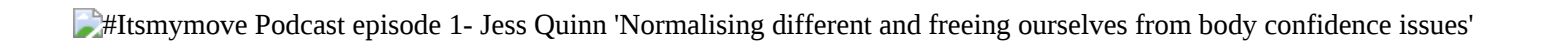
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# #Itsmymove Podcast episode 1- Jess Quinn 'Normalising different and freeing ourselves from body confidence issues'

Theme:  
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[Rachel Howells](#)  
Co-authored by Sport NZ, Bel Crawford

**In the first of this five-part series, Bel talks to Jess Quinn about how she found her favourite ways to move. From growing up with additional needs to now feeling comfortable in her own skin - this conversation will inspire you to get moving up and get moving.**

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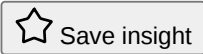
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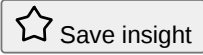
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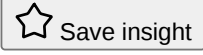


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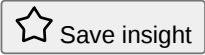
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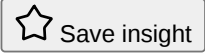
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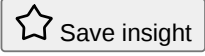


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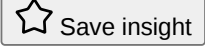


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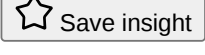


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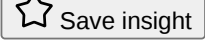


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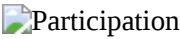
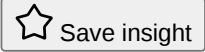
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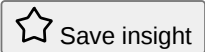
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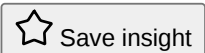
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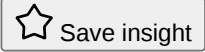
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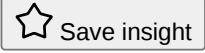
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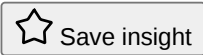
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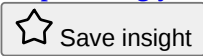
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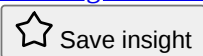


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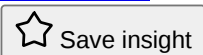


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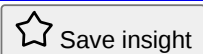


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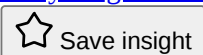


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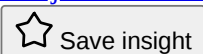


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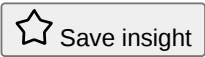
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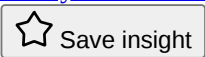
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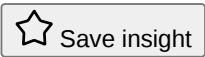
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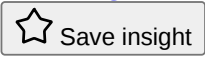
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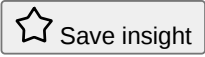
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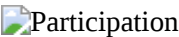
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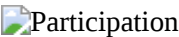


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