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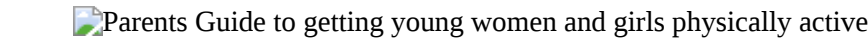
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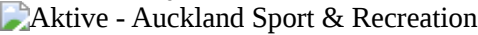
# Parents Guide to getting young women and girls physically active

Theme:  
Leadership



[Briana irving](#)

Co-authored by Aktive





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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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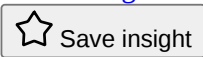
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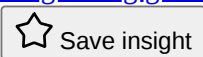
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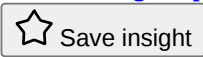
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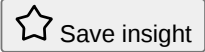
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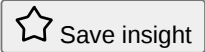
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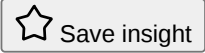
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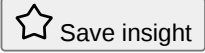
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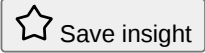
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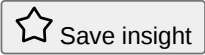
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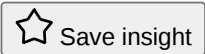
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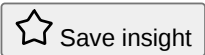
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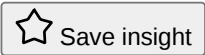
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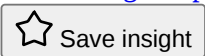
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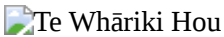
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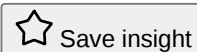


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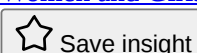
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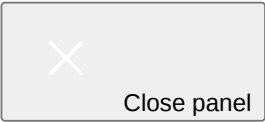
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