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

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

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


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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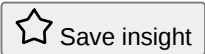
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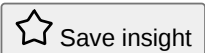
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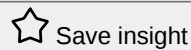
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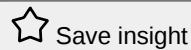
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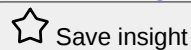
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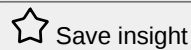


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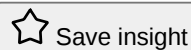


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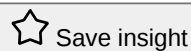


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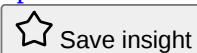
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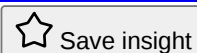
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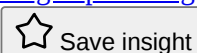
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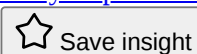
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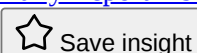
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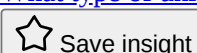
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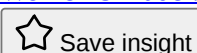
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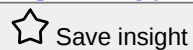
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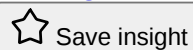


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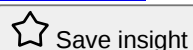


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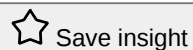


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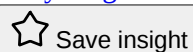


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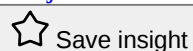


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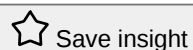


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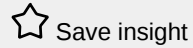


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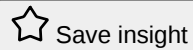


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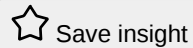
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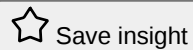


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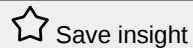
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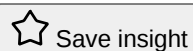
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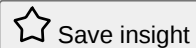
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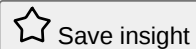
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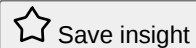
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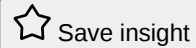
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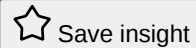
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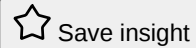
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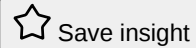
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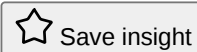
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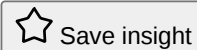
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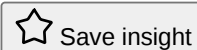
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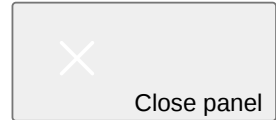
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