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

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# #Itsmymove Podcast episode 3- Aya and Seba 'How mothers and daughters can help each other to move and thrive'

Theme:  
Participation

[Rachel Howells](#)

Co-authored by Sport NZ, Bel Crawford

 Sport New Zealand

**We're sharing conversations with inspiring women to help girls feel confident and empowered to move their way. You're in for an inspiring and heartwarming chat with Tik Tok's favourite mother-daughter combo, Seba and Aya. We found out how discovering a shared love of dance helped Seba and Aya to have fun moving together and boosted their confidence. We also hear about tips for parents on how to connect and help their daughters thrive. Check it out!**

## Related Links

-  <https://open.spotify.com/episode/3gSU7yN1sL9a8X0TF65Mml>



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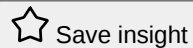
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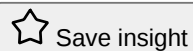
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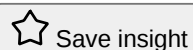
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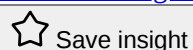
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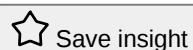


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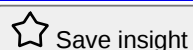


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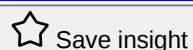


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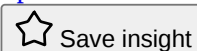
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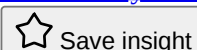
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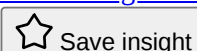
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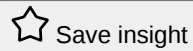


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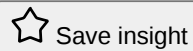
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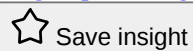
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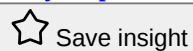
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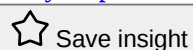
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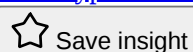
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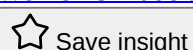
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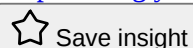
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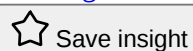


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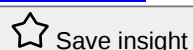


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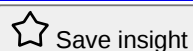


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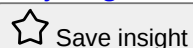


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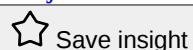


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[Not just for the "sporty", the Not-So-Sports-Club](#)



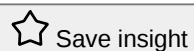
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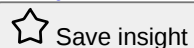


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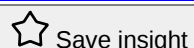


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By Roxanna Holdworth - This is ME

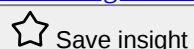
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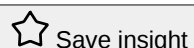


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## Removing Period Poverty As a Barrier to Participation

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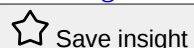
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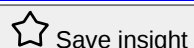
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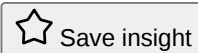
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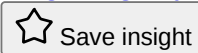
[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)



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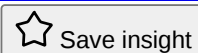
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## **"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes**

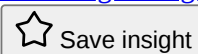
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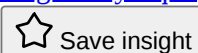
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## **Angel City Equity House Podcast: Myth Busters presented by Gatorade**

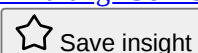
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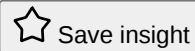
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## **Hikurangi Golf Club president Felice Croft encouraging more women into the sport**

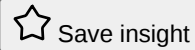
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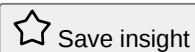
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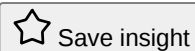
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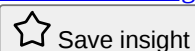
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## **New Zealand Football Performance & Prevention - Considerations for Female Athletes**

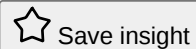
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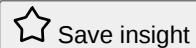
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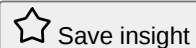
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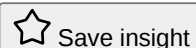
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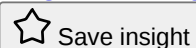
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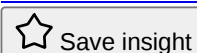
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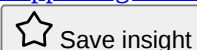
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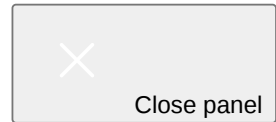
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