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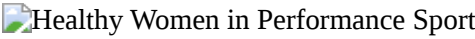


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Healthy Women in Performance Sport Empowering and supporting women and girls thriving through performance sport

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Co-authored by High Performance Sport NZ


Healthy women in Performance Sport is a HPSNZ initiative designed to support the health, wellbeing and performance of female athletes.


Read the [Healthy Women in Performance Sport Strategy](#).

Below are some great resources for women in high performance sport, and their coaches and advisors.

- [Women’s Health in Sport Media](#)
- [Low Energy Availability](#)
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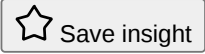
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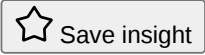
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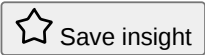
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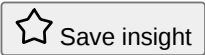
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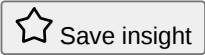


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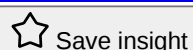
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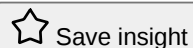
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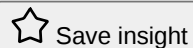
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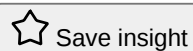
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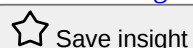
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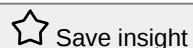


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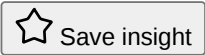
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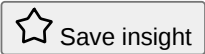
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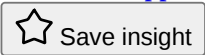
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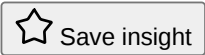
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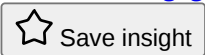
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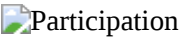
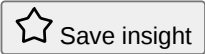
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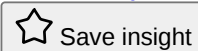


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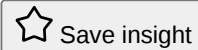


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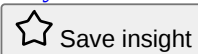
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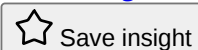
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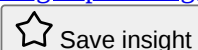
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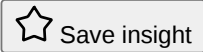
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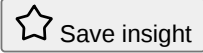


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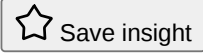


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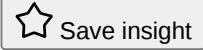


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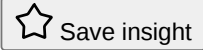


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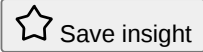


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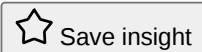


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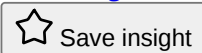
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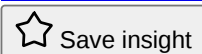


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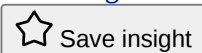
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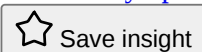
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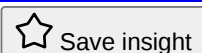
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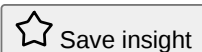
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