



#MOVE WITH US

We

KICK BALLS



Don't let the stereotypes stop you from doing what you want to do!



Discover the activity that's right for you.



www.activeessex.org





SPREADING MY WINGS

Finding what's right for me



#MOVE WITH US

Explore the activity finder, our online channel or our website!



www.activeessex.org



#MOVE WITH US

I do it for me, I SHUT OUT THE WORLD”

And do what I need to do

- I love it

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#MOVE WITH US



I know I need to remind myself
THAT I CAN



It's not about being the best,

it's about doing it for you



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