

**FINDING ONES SELF IN SPORT AND PHYSICAL  
ACTIVITY**

**Lesley Pridmore**

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## **Physical activity - how to get active when you are busy - Better Health Channel**

Fitness is for life. Motivate yourself with these practical tips. Find sports or activities that you enjoy, then vary the routine to keep it interesting. If you're not enjoying You can also slip in physical activity throughout the day. Take the stairs.

## **How Sports Help Decrease the Risk of Teen Substance Abuse - Women's Sports Foundation**

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