Changing Family Trees Through Physical Activity
Life Lessons
JOY
MENTORS AND ROLE MODELS
CONNECTION AND COMMUNITY
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• Joy
• Mentors & Role Models
• Connection & Community
How can a person’s **LIFE EXPERIENCES** affect their relationship with physical activity?
What **BARRIERS** might people face when it comes to physical activity?
How do you imagine it made Teresa **FEEL** having me as her coach?
1. Know your WHY
2. Understand their STORY
3. Remove BARRIERS
4. Build an incredible CULTURE