



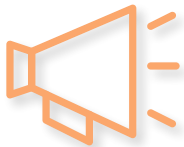
EXERCISE CONNECTION



USING EXERCISE TO BUILD FOCUS, SELF-ESTEEM, FITNESS AND RELATIONSHIPS IN THE AUTISM COMMUNITY



Exercise is one of the most under-utilized and cost-effective treatments for individuals with autism. It can improve focus, build social skills and communication, increase self-esteem and enhance language development, all while improving their fitness.



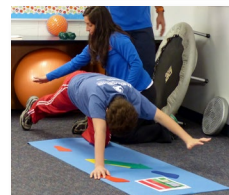
David Geslak and Ashley Palomino, who have trained parents and professionals around the world, will teach participants strategies, exercises and routines that can be incorporated into a child's and adult's daily routine or established in schools. They will also share how ExerciseBuddy, an integrated Visual Exercise System, on the iPad is inspiring children to exercise without challenging the teachers.



The Exercise Connection's (EC) Five Components of Physical Fitness for Individuals with Autism Spectrum Disorders will give participants a foundation of where to begin. The Five Component exercises can be incorporated into current PE curriculums, used as classroom activities or sensory breaks.



Coach Dave, Coach Ashley and the EC protocols have transformed individuals, organizations and professionals' lives. Participants should be ready to move, have fun and will leave with the tools and confidence to immediately incorporate exercise into their child or students' lives.



Workshop included with ASAPERD Fall Conference Registration & Membership at asahperd.org. To attend *this workshop only*, register online at asahperd.org, click on CONFERENCES and choose ADAPTED WORKSHOP ONLY. Deadline: November 6, 2015.



NOVEMBER
15
1-4 PM



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