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Evidence-Based Practice in Promotion of Healthy Lifestyles for Learners with ASDs Across the Lifespan

Regular exercise promotes fitness and health benefits as well as improves appearance. Individuals with autism spectrum disorders may be at risk for being physically inactive. The characteristics of the disorder may interfere with successful participation in traditional forms of physical activity. Or there may be a limited number of fitness and recreation programs designed for individuals with developmental disabilities. Achieving an appropriate fitness level can help learners with ASDs participate more fully with their families and peers in leisure activities, activities of daily living, and education, vocational, and community environments. Acquiring appropriate fitness skills may promote the productive use of leisure time in less restrictive settings. Extensive research supports the effectiveness of a behavioral approach for individuals with ASDs. This presentation will address the application of behavioral principles to promote the physical fitness and safety of individuals with ASDs as well as inclusion in home, educational, volunteer, leisure, and work settings.

Presented by Linda Meyer, Ed.D., MPA, BCBA-D, CPT
Autism New Jersey's Executive Director

Essex County
The Children's Institute
One Sunset Avenue
Verona, NJ 07044

April 30, 2012
7:00—9:00 p.m.

To Register: Mail or fax the completed form to Autism New Jersey, attention **Gale Rainier**, or complete an online form at www.autismnj.org.

*Please completely fill out this form to ensure the timely processing of your registration.
Confirmation and directions will be mailed or e-mailed to you prior to the workshop.*

Fitness 4/30/12

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HOW DID YOU HEAR ABOUT THIS WORKSHOP? _____

This workshop is free of charge to attendees but would not be possible without the support of our members and generous donors. Please consider making a tax-deductible contribution online today with your registration or visit www.autismnj.org for more information about how to become a member of New Jersey's largest autism advocacy organization. Thank you.

Donation Enclosed \$ _____