



**EXERCISE
CONNECTION**



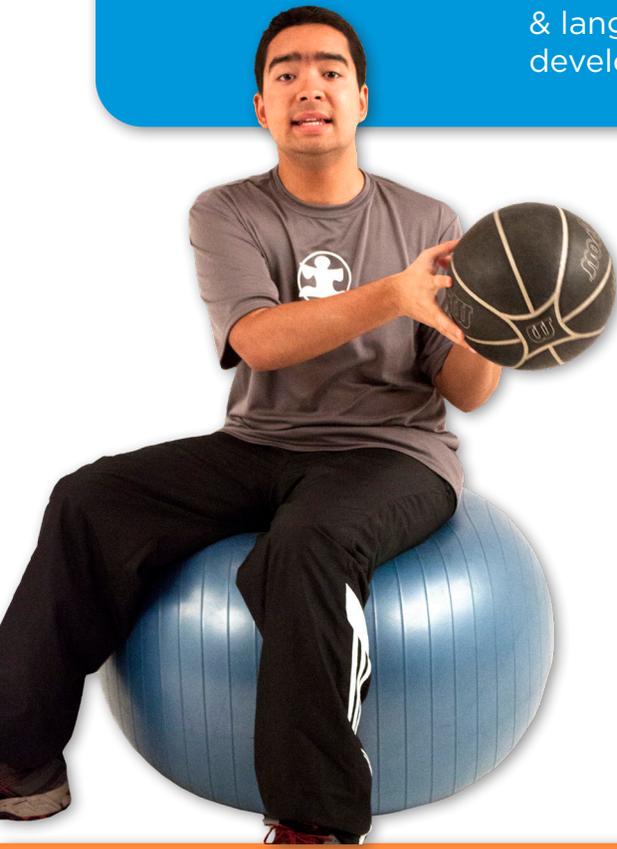
**LEADING THE WAY
FOR AUTISM AND
INCLUSIVE EXERCISE**

EMBRACE THE SCIENCE

MAKE THE CONNECTION

10-minutes of low-to-moderate intensity exercise has been proven to reduce stereotypical behaviors for those on the autism spectrum. Exercise is an important part of learning and development. Research continues to reveal that exercise is a gateway to improving:

- Focus & on-task behavior
- Social skills
- Self-regulation & maladaptive behaviors
- Communication & language development
- Sensory processing & integration
- Sleep
- Academics
- Motor skills & muscle tone

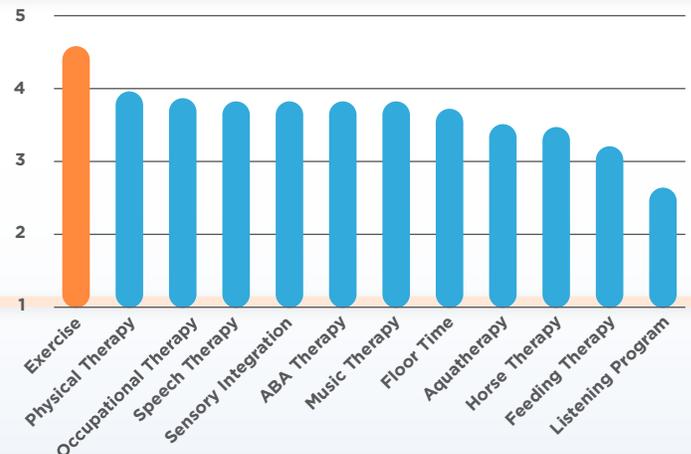


“Our National Survey of Autism Treatment Effectiveness, based on over 700 autism families, found that exercise was the number 1 rated treatment overall, with a rating of 4.2/5, substantially higher than the 2nd highest rated treatment with a 3.8/5. The major reported benefits of exercise were body awareness, gross motor, balance, fine motor, and attention.”

James B. Adams, Ph.D.

President's Professor | Arizona State University
Presentation at the US Autism/Asperger's
Conference, Tucson, AZ 2016

PARENTS RATE EXERCISE #1 TREATMENT



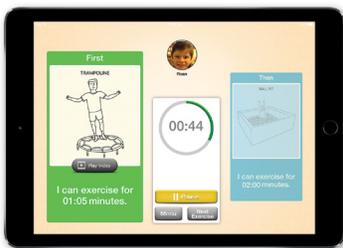
THE HIGHEST STANDARDS IN BOTH SCIENCE AND PRACTICE



PROFESSIONAL DEVELOPMENT THAT OPENS THE DOOR TO INCLUSION

Exercise Connection and ACSM created this certificate to empower educators, therapists, and fitness professionals with the education and tools to successfully teach inclusive exercise programs to those with autism and other diverse learning needs.

exercise  buddy



RESEARCH-SUPPORTED VISUAL EXERCISE APP

Exercise Buddy® equips educators and professionals with everything at their fingertips to provide high-quality exercise instruction for *all*. Embedding six evidence-based practices, Exercise Buddy empowers students & clients to exercise, while professionals assess, track, and measure progress.

NYC
Department of
Education

98% of NYC District 75 physical education teachers found our app easy to use and reported increases in student engagement, enhanced teaching, and more equitable assessment. It is embraced by schools around the world.

Visual Exercise
SYSTEM



EVIDENCE-BASED PRACTICES WITHOUT BREAKING A SWEAT

The paper-based Visual Exercise System® allows professionals to use their gift of coaching to transform the lives of their students & clients. This color-coded inclusive exercise system provides your clients with the visual support and communication tools they need to reach their full potential.



Our mission is to eliminate barriers to participation in physical activity for those on the autism spectrum and others with diverse learning needs. We are equipping dedicated professionals & parents to empower children & adults to discover a healthy & active lifestyle, improve relationships & social skills, and learn through movement.

“I use the Visual Exercise System and Exercise Buddy app to best support and meet the needs of my clients. I’ve used a “homemade” version when setting up PE stations at school, but having a professional set is great and so useful for me when training.”

Kristin Kmack

Maur Movement | Exercise Professional & APE Teacher

“In the Sensory Integration Motor Sensory Lab at SUNY Cortland, children using Exercise Buddy are more on-task and demonstrate improved self-regulatory behavior.”

Tim D. Davis, Ph.D, CAPE

SUNY Cortland Professor | Director - Sensory Integration/ Motor Sensory Movement Center

Autism Exercise SPECIALIST CERTIFICATE

ACSM'S #1 MOST POPULAR SPECIALTY CEC COURSE

A research study on the course reports the frequency at which participants use evidence-based practices increased significantly from pretest to posttest. Participants' perceived self-efficacy in using evidence-based practices significantly improved.

Advances in Autism Journal

“Online training for physical activity practitioners on evidence-based practices for clients with autism” November, 2020

JOIN THE MOVEMENT



[ExerciseConnection.com](https://www.ExerciseConnection.com)

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