



Autism Focused Intervention
Resources & Modules

Check out
these
resources to
support your
use of
exercise.

**For more
information visit:**
www.afirm.fpg.unc.edu

---Additional Resources---

Articles:

Verstrat, A. & Hedges, S. (2015). *Exercise for Adolescents with ASD* (Autism at-a-Glance Brief). Chapel Hill: The University of North Carolina, Frank Porter Graham Child Development Institute, CSESA Development Team.
Retrieved from:
<http://csefa.fpg.unc.edu/sites/csefa.fpg.unc.edu/files/Exercise%20for%20Adolescents%20with%20ASD.pdf>

Apps:



Cardio - Heart Rate Monitor + 7 Minute Workout Exercise Routine for Cardio Health and Fitness by Cardio, Inc. (Free)



Daily Workouts FREE – Personal Trainer for a Quick Home Workout and Exercise Fitness Routines by Daily Workout Apps, LLC
(Free/\$3.99)



Fitocracy - Workout Exercise Log and personal fitness coach for weight loss by Fitocracy, Inc. (Free)



Full Fitness: Exercise Workout Trainer by Mehrdad Mehrain (\$2.99)



Gorilla Workout: Fitness Aerobic Strength and Exercise Trainer Program on a Budget by Heckr LLC (\$13.99)

Apps:



JEFIT Workout – Free personal exercise trainer and Gym log by Jefit Inc. (Free)



Sworkit Kids by Nexercise (Free)

Books:

Geslak, D. S. (2014). *The autism fitness handbook: An exercise program to boost body image, motor skills, posture and confidence in children and teens with autism spectrum disorder*. Philadelphia, PA: Jessica Kingsley Publishing.

Gray, S. M. (2011). *101 Games and activities for youth with autism*. Monteray, CA: Healthy Learning.

Hardy, S. T. (2015). *Asanas for autism and special needs: Yoga to help children with their emotions, self-regulation, and body awareness*. Philadelphia, PA: Jessica Kingsley Publishing.

Jacobs, D. S. (2012). *Everyday activities to help your child with autism live life to the full: Simple exercises to boost functional skills, sensory processing, coordination, and self-care*. Philadelphia, PA: Jessica Kingsley Publishing.

Websites:

IDEA Health & Fitness. (2015). *Fitness programs for kids and teens*. Retrieved on December 17, 2015 from: <http://www.ideafit.com/kids-fitness/fitness-programs-for-kids-and-teens>

NCHPAD. (2015). *Autism and exercise*. . Retrieved on December 17, 2015 from: <http://www.nchpad.org/1399/6254/Autism~and~Exercise>

Walters, J. (n.d.). *Over 110 cardio workout ideas: Limitless options for aerobic exercise* Retrieved on December 17, 2015 from: http://www.sparkpeople.com/resource/fitness_articles.asp?id=1596