

Autism Exercise Fitness

Prepare your child for a healthy and active life!

The Autism Exercise Fitness program is designed for children with autism to increase strength, stability, motor planning, and coordination. Skill progression is assessed for cognitive, adaptive, and physical functioning.

In this fun, **FREE** eight-week program, kids, and their families:

- Will meet for 60 minutes each week
- Participate in strength, mobility, and dynamic movement exercises
- Socialize with peers
- Make challenging, yet realistic movement goals

Classes are offered for children in the age group:

- 8-14



Requirement for child enrollment:

- Must have the ability to communicate basic wants/needs verbally
- Should be comfortable participating in a group setting with peers.
- Must be able to participate in low impact physical activity
- Must be accompanied by at least one parent or guardian
- Must be referred by a child's provider, e.g., physician, psychologist, dietitian, school nurse or a specialist familiar with the child's overall health

Program Location

Children's Health Andrews Institute
7211 Preston Rd, Ste. T1200
Plano, TX 75024

To enroll your child into Autism Fitness Exercise:

- Visit your child's provider and ask for a referral
- The provider can access our referral form by scanning the QR code below
- A coordinator for Get Up & Go will contact you to complete enrollment
- You may contact Get Up & Go by calling 214-456-6312

