

## The Autism Fitness Handbook : An Exercise Program to Boost Body Image, Motor Skills, Posture and Confidence in Children and Teens with Autism Spectrum Disorder



Filesize: 7.99 MB

### ***Reviews***

*This created publication is wonderful. This can be for those who statte that there had not been a worth looking at. Your lifestyle period will probably be transform when you comprehensive looking at this book.*

*(Chelsey Nicolas)*

## THE AUTISM FITNESS HANDBOOK : AN EXERCISE PROGRAM TO BOOST BODY IMAGE, MOTOR SKILLS, POSTURE AND CONFIDENCE IN CHILDREN AND TEENS WITH AUTISM SPECTRUM DISORDER

[DOWNLOAD](#)

Jessica Kingsley Publishers, Inc, 2014. Softcover. Book Condition: New. Designed to address specific areas of difficulty for children, teens and young adults with autism spectrum disorder (ASD), the 46 exercises in this comprehensive program are proven to improve body image, motor coordination, posture, muscular and cardiovascular fitness. The boost to confidence, relationships and general wellbeing resulting from this will be transformative for individuals with ASD and their families. A new edition of a popular program by a well-known autism fitness specialist, this book contains a wealth of innovative exercises to boost body image, motor coordination, posture, muscular and cardiovascular fitness and overall health and wellbeing in children and teens on the autism spectrum, and is ideal for use at home or at school. Used extensively in homes, schools and specialist ASD programs, the exercises require minimal equipment and can be used in a wide range of settings. Accompanied by clear instructions and explanatory cartoon illustrations, they are easy for non-specialists to follow and can be used just as effectively with groups or individuals. Packed with helpful advice from the author, an ASD fitness specialist, as well as inspiring case studies and guidelines on adapting the exercises for different ages and abilities, this popular program contains everything needed to get minds and bodies active while having fun! "The Autism Fitness Handbook greatly demonstrates Coach David's profound understanding of autism and the challenges it causes. The handbook emphasizes the importance of structure and routine, and the use of visual supports and reinforcers, to maximise the learning opportunities for persons with autism. It also explains how exercise can be used to teach concepts, language, social skills, psycho-motor goals, besides achieving motor skills development and body awareness."?Maha Helali, Chairperson and Co-Founder at ADVANCE (The Egyptian Advance Society for Persons with Autism and Other Disabilities)...



[Read The Autism Fitness Handbook : An Exercise Program to Boost Body Image, Motor Skills, Posture and Confidence in Children and Teens with Autism Spectrum Disorder Online](#)



[Download PDF The Autism Fitness Handbook : An Exercise Program to Boost Body Image, Motor Skills, Posture and Confidence in Children and Teens with Autism Spectrum Disorder](#)

## Other Kindle Books



### **No Cupcakes for Jason: No Cupcakes for Jason (Paperback)**

AUTHORHOUSE, United States, 2005. Paperback. Book Condition: New. 223 x 213 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.No Cupcakes for Jason is the delightful children s story of five-year old...

[Download ePub »](#)



### **Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success**

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How...

[Download ePub »](#)



### **Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age**

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

[Download ePub »](#)



### **It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em**

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

[Download ePub »](#)



### **Dom's Dragon - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner...

[Download ePub »](#)