

FOR IMMEDIATE RELEASE

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Autism and Exercise -- Launch of New Video Series

The National Center on Health, Physical Activity and Disability (NCHPAD) and the Exercise Connection launch new video series, *Improving the Lives of Individuals with Autism through Exercise*. The goal of the series is to help parents, caregivers, educators and therapists introduce exercise to their children or students on the autism spectrum. The series will unveil on NCHPAD's [YouTube Channel](#) with three new episodes released per week.

In physical activity settings, children with autism spectrum disorders (ASD) are often left wandering and wondering. The un-sensory-friendly environment, variety of learning styles and lack of visual supports has made the typical physical activity environment a missed opportunity. Research shows that in addition to the health-related benefits of physical activity decreased repetitive and self-stimulating behavior are the most common behavioral improvements following physical activity for children with autism. Coach Dave, Coach Ashley, and the [EC Champions](#) (individuals with autism) will teach exercises and activities that can make a difference. Using best practice autism teaching strategies, visual supports and the [ExerciseBuddy Autism App](#) this video series can successfully be used in a physical education class, at home, as a sensory break in school, or incorporated into the special education classroom.

About the Exercise Connection

David Geslak (Coach Dave), Founder of the [Exercise Connection](#), has been successfully designing autism fitness programs and resources for the past 10-years. Coach Dave is widely recognized for his affection to the autism community, his dynamic presentations and for the pioneering of structured visual exercise programs. Through the Exercise Connection's (EC) use of structure, visual supports and workshops the EC has created a program that is filling the gap. In 2012, Coach Dave was offered a television show on the Autism Channel and in 2014 published a book through Jessica Kingsley Publishers.

About the National Center on Health, Physical Activity and Disability

For 16 years, the National Center on Health, Physical Activity and Disability has been successfully implementing a comprehensive, inclusive health promotion agenda targeting the 56 million Americans with a disability. NCHPAD is the premier resource for information on physical activity, health promotion, and disability, serving persons with physical, sensory and cognitive disability across the lifespan. NCHPAD features a variety of resources and services which can benefit all ages and populations that can be found online at www.nchpad.org.

Episodes will be released online via [YouTube](#) and Twitter. Follow @NCHPAD and @ExerciseConnect for updates.