

Do you have a child aged 4-12 with Autism Spectrum Disorders (ASD)?

Do you want to learn ways to promote physical activity for your entire family?

You are invited to participate in a research study in which you will be randomly assigned to one of two groups. One group will receive written ideas and physical activity equipment to promote physical activity for the entire family. The other group will receive the same written ideas and physical activity equipment but will also be invited to participate in four half-day workshops on inclusive recreation including:

- Sensory Motor and Physical Activities
- Communication
- Swimming
- Sports

All families will participate in a pre-program interview (approximately 1 hour and 15 minutes); parent and children questionnaires; measurements of physical activity; measurements of blood pressure; a physical activity program (no more than three hours); and a post-program interview and parent and child questionnaires (Approximately two hours).

All of the participating families will receive **FREE physical activity equipment (e.g., balls, cones, etc.)** that they can use with their children with ASD and their entire family.

Participation in this physical activity program expand the months of **February, March, April, and May of 2018** in the Women's Building at Syracuse University. Participants will be expected to participate in a brief follow up session in the fall of 2018.

This program is offered **FREE**. For more information please contact **Dr. Luis Columna** at lcolumna@syr.edu or (315) 443-9699. The specific dates of the program will be provided to aid in your decision to participate.

Space is limited, so please complete the online application at <http://blogs.soe.syr.edu/fit-families>

SYRACUSE UNIVERSITY

