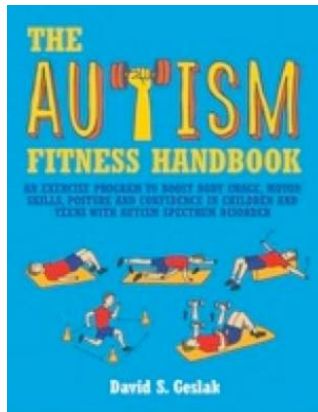


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Jessica Kingsley Publishers, Inc, 2014. Softcover. Book Condition: New. Designed to address specific areas of difficulty for children, teens and young adults with autism spectrum disorder (ASD), the 46 exercises in this comprehensive program are proven 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...

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

- Authored by David S. Geslak. Foreword by Stephen M. Shore
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