

Autism Speaks -Autism and exercise: Are there special benefits?

<https://www.autismspeaks.org/expert-opinion/autism-exercise-benefits>

Count Me In! ASD and Physical Activity

<https://autismawarenesscentre.com/count-me-in-asd-and-physical-activity/>

Celebrate Autism Awareness Month with Exercise Tips from the American College of Sports Medicine

<https://www.newswise.com/articles/celebrate-autism-awareness-month-with-exercise-tips-from-the-american-college-of-sports-medicine>

Tabata Breaks

This is a great way to start small with exercise for adults and kids! This is great for kids since its structured, but also quick – fun music helps!

<https://tabatasongs.com/>

Here's a video describing how teachers have used these breaks in their classrooms: <https://www.youtube.com/watch?v=Zve8S8XhTxw> (Tabata explanation starts around 9:40 mark).

Chair Yoga

Since many of us are deskbound most of the day this is a fantastic option to fit more movement into your day.

<https://www.youtube.com/c/LaurenLewispersonaltraining/videos>

Lauren Lewis You Tube Channel

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