



# FIT Together... an exercise and sport program



<p><b>What</b></p>	<p><b>Free</b> exercise and sport program involving:</p> <ul style="list-style-type: none"> <li>• one-to-one personal fitness training</li> <li>• cardiovascular and strength training</li> <li>• sports and games</li> </ul>
<p><b>When</b></p>	<p>Two sessions per week from <b>January 2018 to April 2018</b></p>
<p><b>Where</b></p>	<p>St. Denis Centre, University of Windsor</p>
<p><b>Who</b></p>	<p>Adults (18+) with <b>autism spectrum disorder and an intellectual disability</b>. You need:</p> <ul style="list-style-type: none"> <li>• medical clearance (standard form provided)</li> <li>• comfortable clothes and shoes (we provide t-shirts!)</li> <li>• available for all 26 sessions (2x per week for 13 weeks)</li> </ul>
<p><b>Why</b></p>	<p>Unique opportunity to have fun while learning exercise routines and sport skills.</p>
<p><b>How</b></p>	<p>If interested in <b>FIT Together</b> please complete the registration form and return to:</p> <p><b>Kelly Carr</b>  <b>kcarr@communitylivingessex.org</b>  <b>519.982.8784</b></p>

This study has received clearance from the University of Windsor's Research Ethics Board.