

# ON THE MOVE - KEEPING ACTIVE AND SAFE

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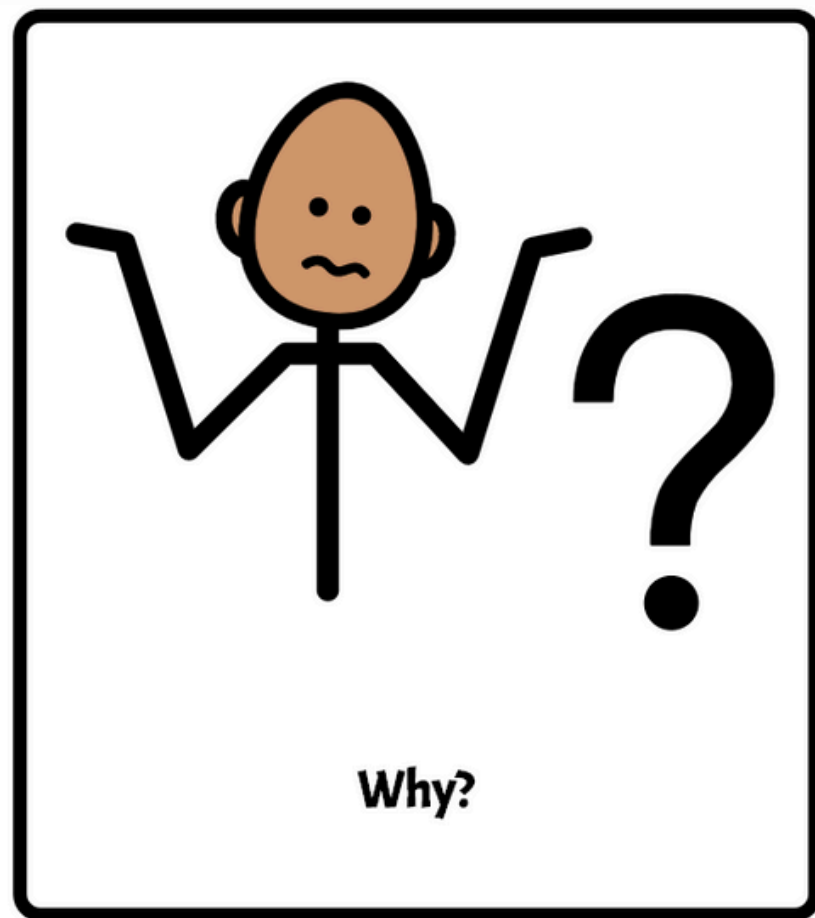
# ABOUT US

A Voice For All Foundation is a 501 c3 organization that gives a voice to those with speech and language limitations in school playgrounds, community parks and throughout the community at large. Our vision is to provide the necessary tools to give a voice to all children, bridge the communication gaps by modeling and educating our community in different forms of communication with the goal of an inclusive community.

At Bound to Bloom Behavioral Institute, we create a supportive environment for individuals with autism. We celebrate their achievements, ensuring they thrive within their family and the community. We utilize applied behavioral analysis principles to help individuals overcome difficulties, learn new abilities, and achieve greater independence. We provide behavioral therapy that celebrates every little bloom.



# IMPORTANCE OF PHYSICAL ACTIVITY



## Physical Health Benefits:

- **Improvement in Motor Skills:** Physical activity helps enhance gross and fine motor skills.
- **Heart Health:** Cardiovascular exercise is important for maintaining heart health and reducing the risk of heart disease.
- **Weight Management:** Regular physical activity helps manage weight and reduce the risk of associated health problems like diabetes and high blood pressure.

## Cognitive Benefits:

- **Enhanced Cognitive Functioning:** Exercise can boost cognitive performance and may help improve memory, attention, and processing speeds.
- **Structure and Routine:** Regular physical activity can provide structure, which is beneficial for learning and maintaining routines.





# IMPORTANCE OF PHYSICAL ACTIVITY



## Emotional and Social Benefits:

- **Mood Improvement:** Physical activity releases endorphins, which can improve mood and reduce symptoms of depression and anxiety.
- **Social Interaction:** Participating in group sports or physical activities provides opportunities for social interaction and helps build social skills and confidence.

## Bone Health:

- **Strengthens Bones:** Activities that put stress on bones can help increase bone density and reduce the risk of fractures.

## Overall Quality of Life:

- **Increased Independence:** Improved physical fitness and motor skills can lead to greater independence in daily activities.
- **Quality of Life:** Regular engagement in physical activities contributes to a higher quality of life through improved health, social interactions, and mental well-being.



# ACTIVITIES

- Individuals with DS should exercise for 30 to 60 min a day by completing bouts of 10 to 15 min. The ACSM recommends daily aerobic exercise for individuals with DS, with a weekly exercise expenditure of at least 2000 kcal.
- Walking and gradually progressing to moderate intensity running, along with swimming are the recommended exercise modes for individuals with DS.

-Pescatello LS, American College of Sports Medicine. ACSM's guidelines for exercise testing and prescription. Philadelphia: Woltersluwer/Lippincott Williams & Wilkins Health, 2014.

**Yoga or Stretching Sessions**

**Dance or Movement Games**

**Sensory Paths or Obstacle Courses**





# ENGAGING FAMILIES AND CAREGIVERS

Engaging caregivers and family members in exercising with individuals who have Down Syndrome is a beneficial strategy for both physical health and social interaction.

- **Inclusive Exercise Programs:** Design exercise routines that can accommodate both individuals with Down Syndrome and their caregivers or family members. walking, swimming, yoga, or team sports that encourage participation and enjoyment for everyone.
- **Education and Awareness:** Understanding these benefits can motivate family members and caregivers to be more involved.
- **Group Classes**
- **Fun and Games:** Activities that require cooperation, such as relay races, dance competitions, or balloon volleyball, can make exercising more enjoyable and less of a chore.
- **Adaptive Equipment**
- **Social Support Networks**



# POINTS TO REMEMBER

- Incorporating a variety of activities, such as walking, swimming, team sports, and tailored exercise programs can help address specific needs and preferences, ensuring that the physical activity is enjoyable and sustainable.
- It's important for caregivers and healthcare providers to support and encourage physical activities, taking into account any medical conditions or limitations the individual may have.
- HAVE FUN!



**Remember**





## CONTACT US

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