

Parent Tip # 18

- **Exercise/physical activity is a proven strategy to reduce anxiety symptoms with the broader population, as well as with individuals with "learning differences".**
- **Consider establishing/adding basic exercise routines for the family such as wearing a FitBit and counting daily steps, a nightly walk, or an online/app based workout. Many sites are offering free access during this time, such as the Down Dog yoga app, Nike Run Club, and Facebook Live streams from Planet Fitness.**

Adapted from (AFIRM) is an extension of the National Professional Development Center (NPDC) on ASD

