

## Exercise and Autism

By Joe Manahan

Did you know April is National Autism Awareness month? What is autism? Autism is a complex neurobiological, development disorder that is typically diagnosed in childhood and often lasts throughout an individual's life. Some characteristics of autism include Impaired ability to communicate and relate to others socially, restricted range of activities, and repetitive behaviors, like following a specific routine. Though the causes of autism are unknown and preventative, there are behavioral intervention programs that focus on developing communication, social, and cognitive skills. However, adding sports, exercise, and other physical activities can be useful and helpful to traditional behavioral interventions that could lead to improvement in symptoms, behaviors, and quality of life for individuals with autism.

We all know that physical activity is important in children with or without disabilities as it promotes a healthy lifestyle but it can also benefit individuals with autism in many ways. \*In the U.S. alone, children ages 2-19, 16% are overweight, whereas children with autism is increased to 19% with an additional 36% at risk of being overweight. Being overweight can put children at increased risk for many health problems both in childhood and as an adult which may include diabetes, cardiovascular disease, bone and joint problems, and even depression. The effects of these conditions may take a greater toll on individuals with autism in combination with common autism symptoms.

Adding physical activity to an autism intervention program can help any challenges and improve individuals overall quality of life. Participation can be challenging for individuals with autism because of motor functions, low motivation, difficulty planning, and difficulty in self-monitoring. Also, increased auditory, visual, and tactile stimuli may too be challenging for the affected individual. However, if implemented appropriately, progress and improvement of motor functions of individuals with autism will show a decrease in body mass index, with exercise that changes balance, speed, agility, strength, flexibility, and endurance. This also shows that increase of aerobic exercise can decrease the frequency of negative, self-stimulating behaviors significantly among individuals with autism, while not decreasing other positive behaviors. Besides improving fitness, motor function, and behavior in individuals with autism, the most important advantages of physical activity are the social implications of sports and exercise participation. For those individuals who prefer individual sports, still benefit from positive attributes of physical activity while forming social relationships with coaches or trainers.

In all cases, the role of physical activity, sports, and exercise in individuals with autism are not a replacement for behavioral intervention but an effective supplement to therapies and potentially enhance the benefits. \*AutismSpeaks.org

## Follow us on Social Media



@ Trademarkpc



@ Trademarkpc



@ Trademarkpc



www.trademarkpc.com  
517.425.2882 • 708.837.8592  
4590 W. 61st Avenue • Hobart, IN 46342

## TradeMark Spotlight...

### Meet Hannah Petroelje- Personal Trainer



**Favorite Exercise:**  
Single Leg Romanian Deadlifts

**Favorite Quote:**  
"The world is changed my your example, not your opinion."  
- Paulo Coehlo

**Bucket List Destinations:**  
Africa, Alaska and Netherlands

**Favorite Food:**  
Pizza

**Hometown:**  
Holland, MI

*Congratulations to the Bride to Be...*



## Ankle Sprains

By Beth Braviere

Ankle sprains are one of the most common injuries among the athletic population, ranging from minor (grade 1) to severe (grade 3). Ankle sprains can be one of the most difficult for Athletic Trainers to treat due to their high rate of recurrence leading to a lingering disability for the athlete. However, much can be done to effectively prevent this condition.

There are 2 types of prevention that have proven to be effective. The first being neuromuscular control exercises. These exercises include dynamic and functional movements, including muscle control and balance. Preventative exercises should start off easy such as resistive range of motion with a theraband, balancing on one foot or heel to toe raises.



Progressing to more difficult activities which include jumping and hopping, which allows the athlete to learn how to move their base of support and change directions. Other balance work can include standing on one foot while reaching or catching a ball.

The use of wobble boards or BOSU balls can also be incorporated.



The second preventative measure to be taken is the use of ankle supports or braces. If the athlete has an Athletic Trainer, they can have their ankle taped. If that is not always an options, ankle braces are most popular. It is suggested that the brace not only be snug around the foot and ankle, but should give bilateral stability with the use of stirrups and heel locks.

Ankle sprains are rampant in physical activity and equate with time loss and activity restrictions that are larger than most realize. This is why it is important to begin a preventative exercise program and consider the use of ankle braces.



## Our Staff

Michael Hornbuckle - Athletic & Personal Trainer  
Beth Braviere - Athletic & Personal Trainer  
Brittany Mitacek - Athletic Trainer  
Hannah Petroelje - Personal Trainer  
Joe Manahan - Personal Trainer  
David Hardy - Personal Trainer  
Enedina Houlihan - Marketing

## Avocado Bacon Chicken Salad

### Ingredients:

4 slices of center-cut bacon, cooked and chopped  
1 lb. of chicken breast, diced (2 cups)  
1/2 avocado, diced  
1 cup of grapes, halved  
1/4 cup dried cranberries  
1/2 red onion, diced  
1/4 cup Chobani Whole Milk Plain Greek Yogurt  
1 tbsp of honey  
1/2 lemon, juiced  
1/2 tsp lemon zest  
1 tsp of pepper to taste



1. In a large bowl, combine bacon, chicken, avocado, grapes, cranberries and red onion
2. In a small bowl, whisk together yogurt, honey, lemon juice, lemon zest and pepper until mixed.
3. Pour dressing over chicken salad mixture and toss to coat.
4. Serve with crackers or on toasted sprouted grain bread with Bibb lettuce.

Recipe pulled from

<http://blog.myfitnesspal.com/recipe-bacon-avocado--chicken-salad>

## Summer Will Be Here Before You Know It!

By Brittany Mitacek

Summer is right around the corner, and you if know you have been slacking on your plans to eat healthy and get plenty of exercise. Here are a few simple tips to help you achieve your goals without having to break the bank or take up too much of your time.

1. Drink plenty of water. Carry a water bottle around during the day to help you avoid choosing a sugary beverage instead. Those extra calories from pop, juice and coffee drinks add up quickly.
2. Plan ahead. When you grocery shop, make a list that will reflect your meals for the week. Meal prepping is an easy way to avoid that quick trip to the drive thru at the end of the day.
3. Get up and move. If you can't make it to the gym that day, plan for a twenty minute walk instead. Every little bit counts, even if you only do five minutes at a time.
4. Drop that phone and involve your kids. Make exercise a family activity. Whether it's a trip to the park or a dance party in the living room. Waiting for the oven to pre-heat? Put on a song and get your groove on.
5. Remember to relax. Stress can lead to numerous problems. Take a few minutes each day to take some deep breaths and stretch out your muscles. Your body will thank you.

**TRADEMARK**  
P E R F O R M A N C E