

# *Autism Community Connection*

## **Autismcc Yahoo Group Responds!**

Our group is comprised of parents, educators and professionals in the autism community. We welcome parents to ask questions so that together we may share our wealth of collected knowledge and insight.

[www.autismcommunityconnection.com](http://www.autismcommunityconnection.com) - <http://health.groups.yahoo.com/group/autismcc/>

Subject: Fitness and Exercise

Laurie wanted to try out a walking/jogging routine for her teenage daughter and felt that a track or other type of "circuit" would be easiest for her to understand with a clear beginning and ending. She wanted to find a place that is outdoors but regular sidewalks and pedestrian paths were difficult because of a fear of dogs. They had used an indoor track at the health club but wanted to move to an outside venue for the summer. Here is what some of our Yahoo group members had to say:

Bernie suggested going for walks at the Morton Arboretum in Lisle as there are no dogs or bikes allowed. They have a paved surface around the lake near the restaurant/main building that has a clear beginning and end and there are many trails through the woods or prairie. They usually use only a couple trails for a sense of routine. Bernie was pleased to report that since they have started her son has initiated trying out new trails and have increased their walk time to around 45 minutes. She said daily admission prices can add up but that a family membership is only \$75. Phone number is 630-968-0074

Kathy had suggested an outdoor high school running track. However there was discussion that some high schools couldn't leave their gates open without staff on the field due to possible vandalism. This was a good suggestion and those interested should call their local high schools on availability.