



ExDS

(exds.weebly.com)

Exercise Program for Adults with Down Syndrome

Improving the
all-around fitness
of aging adults with
Down syndrome



ARIZONA STATE UNIVERSITY

WHO? – Adults with **Down syndrome** aged 14 years or older no matter what their functional status is

WHERE? – In the downtown Phoenix YMCA: 350 N. 1st Ave., Phoenix, AZ 85003

WHEN? – Mondays, Wednesday, and Fridays between 4 and 7 pm through the ASU academic semester starting on 08/28/2017

WHAT? – Evidence-based cardio, strength, and flexibility training in order to improve health-related fitness. We use a buddy system which has been successfully used in the past. ASU undergraduate students, under the supervision of Dr. Holzapfel, will be working on a one-on-one basis with adults with Down syndrome to guide them through the exercises and ensure safety, to provide motivation and social interaction, and to learn from our wonderful adults with DS. Aspects of fitness will be assessed before and after the semester-long program in order to track progress. Participation is voluntary.

WHY? – We truly believe (based on evidence) that exercise is the best thing anyone can do for their health and we would like to help the underserved population of adults with Down syndrome achieve their health-related goals.

Register now:

exds.weebly.com

Spots are available on a first-come, first-serve basis:

Simon D. Holzapfel, PhD, ACSM-EP,
Department of Exercise Science and Health
Promotion, ASU

550 N. 3rd Street, Phoenix, AZ 85004

Phone: (423) 329-3038

E-mail: simon.holzapfel@asu.edu

Community Partners:

