



**Never Underestimate
the Power of Play!**

SPECIAL NEEDS FITNESS PROGRAM

Offering the very best in fitness for individuals with special needs.

Autism · Asperger Syndrome · Down Syndrome · Prader-Willi · ADHD

A healthy body promotes a healthy mind.

That is why the goal of Power Play Fitness is to provide the special needs population with a fun, physical venue to strengthen cooperation, social skills, teamwork, an understanding of games and strategies, fitness knowledge and awareness, and locomotor movement. We will also assist on strengthening the child's flexibility, agility, balance and speed through physical fitness and fun activities. Our ultimate goal is to provide the child with the basic knowledge of a sport or activity so they can use those skills on the playground with peers and in extra-curricular activities after school.

In addition to focusing on the child, Power Play Fitness also provides parent and sibling training and collaborates with the child's IEP goals to continue strengthening their skills in other settings, promoting generalization and ultimately bridging the gap between the school, home and community.

Together we can make a difference by offering activities for all while raising awareness and compassion through teamwork! Join us in our journey to recreation, sports and fitness for ALL!

Ages Adolescent through Adult

This program will benefit not only their physical health but also their mental health contributing to a better quality of life.

- Increase Attention Span
- Improve Flexibility
- Wider Range of Motion
- Behavior Modification
- Improve Social Skills
- Increase Coordination
- Reduce Medication Needs
- Increase Hormone Production

Training Options:

- Private sessions
- Group training with three to four others of similar needs

Taught by Daryl Simonetti

PhD in Exercise Physiology

A 25 yr veteran working with special needs and athletes of all ages.

Specializing in athletic training and behavioral therapy.

Contact Scott Calacci at 972-759-4686 or Scott@PowerPlayFitness.com

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