



Fitness and Nutrition Program Specifics

ALL's F3 (Fun, Fitness, Friends) and nutrition based classes are a program provided by Autism Life and Living that aims to educate young adults on the autism spectrum in fields related to physical health and nutrition. ALL understands that a fitness journey can be one of the hardest but most empowering journeys to start. That is why ALL offers the F3 and nutrition program to help young adults with autism and other related IDD become more comfortable when it comes to physical exercise and nutrition. Participants of these classes are taught the basics of healthy exercise and daily nutrition habits to support a well-balanced life.

- F3 classes are offered once weekly on Saturday mornings from (9am-10:30am). Classes are small in size and instructor led to ensure each participant receives appropriate instruction throughout the class.
- The F3 program is a 12-week program offered 3 times a year. The sessions provided throughout the year are as follows:
 - Fall session, Sept-Nov
 - Winter session, Jan-March
 - Summer session, May-july
- Each F3 class provides a 50 minute workout and a 30 minute nutrition class.
- The F3 workout class teaches aerobic and anaerobic exercises to target a variety of muscle groups including core strength, upper and lower body, the chest, the back and flexibility. The intention of F3 is to educate participants on how to be physically healthy and why it is important.
- The nutrition course uses a blended learning style to cover food groups, portion sizes, beverage choices, whole and processed foods, planning healthy meals and snacks, and eating patterns.
- Participants of the program receive a training manual after completion of the course to encourage continued participation with health and fitness habits after the program has ended.

If you are interested in registering for any of our services visit: [ALL's Programs](#)



PEERS® Program Specifics

ALL's PEERS® for Young Adults is a 16-week evidence-based social skills intervention for motivated young adults. Autism Life and Living provides classes for participants between 17-32 years of age who are interested in learning skills to make and keep friends and develop romantic relationships. During each group session, young adults are taught important social skills and are given the opportunity to practice these skills. PEERS® may be appropriate for teens with Autism Spectrum Disorder, ADHD, Anxiety, Depression or other social and behavioral disorders. In order to participate, young adults must be independently and socially motivated for the sessions and be willing to attend each session with a social coach.

- PEERS® classes are provided once weekly and are taught by a PEERS® certified instructor.
- PEERS® for Young Adults presents the first evidence-based group treatment program for young adults with Autism Spectrum Disorder as well as other developmental disorders and social challenges.

Participants will learn about:

- Conversational Skills and Dating skills
- Appropriate Use of Humor
- Electronic Communication
- Handling Direct and Indirect Bullying
- Handling Arguments & Disagreements
- Organizing Get-Togethers with Friends
- Handling Sexual Pressures

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