



Move2Engage: Youth

Researchers at Telethon Kids Institute and the University of Western Australia are looking for children and youth aged 8-15 years with movement challenges to participate in a new exercise intervention

CAN MY CHILD PARTICIPATE:

Your child is eligible to participate in this study if they:

1. Are aged between 8-15 years
2. Have motor dyspraxia or developmental coordination disorder
3. Are willing to participate in a FREE group exercise program once per week for 20 weeks
4. Can follow two step instruction and participate in a group environment

WHAT IS INVOLVED?

- Three visits to UWA (approximately 1-1.5 hours each visit) to evaluate your child's movement challenges, movement preferences, activity levels, quality of their sleep and their general health.
- Attend one 60-minute exercise session per week for 20 weeks at UWA. The sessions will be run by two accredited exercise physiologists who will be creating a positive exercise environment for all attendees.
- Total time commitment is around 23.5 hours.

IF YOU ARE INTERESTED TO LEARN MORE, please contact Dr Melissa Licari



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