



Autism DADvocates "Commit To Be Fit" Campaign

Autism DADvocates Network and is joining Mayor Lenny Curry's Journey to ONE with their Commit To Be Fit campaign as they prepare for the Friends With Autism 5K and Community Walk. Commit To Be Fit encourages all Dads and families to join with their children by walking or running at least 26.2 miles a month to increase physical activity and create healthier lifestyle choices.

Commit To Be Fit is a 10 Week Fitness Meetup every Saturday morning from 10:00 a.m. - 11:15 a.m. starting December 2, 2017 - February 17, 2018. Receive weekly fitness, health, and family engagement tips by Fitness Instructor/Autism DADvocate Sean F. Williams and fellow Autism DADvocates.

The Fitness Meetup is every Saturday morning from 10:00 a.m. - 11:15 a.m. at the following [JAX Parks](#) for 3 weeks each:

1. **Ed Austin Regional Park:** 12/9/17, 12/16/17, 12/23/18
2. **Bob Hayes Sports Complex:** 01/06/18, 01/13/18, 01/20/18
3. **Losco Regional Park:** 01/27/18, 02/03/18, 02/10/17
4. **Get Up and Go 1 Mile - Downtown Jax:** Date TBD between 02/13/18 - 02/17/18

Commit To Be Fit uses the [Journey To ONE](#) Tools and Resources to track your fitness goals! Use the [Mayorthon Online Tracking Form](#) and print your tools and resources [here!](#)

We encourage children ages 5 - 12 years old to join the [Jax Mayorthon Kids Club](#). Members receive a cool Mayorthon Kids Club Kit and pledge to have fun by making healthier food, exercise and safety choices every day. Join [here!](#)

The Autism DADvocates Network is a network of autism fathers and father figures that promote the involvement of fathers in the lives of their children with autism and the community. The network is a program of [Making Strides For Autism, Inc.](#) and a member of the [FND USA \(Family Network on Disabilities Dadvocates\)](#) network of fathers. Visit <https://makingstridesforautism.org/autism-dadvocates-network.html> to learn more or join the Autism DADvocates Network.