**Fit & Fun Directors**

**Ashleigh Hillier, PhD** is an Assistant Professor of Psychology at the University of Massachusetts Lowell. Dr. Hillier’s research interests include increasing our understanding of social and vocational skills of those on the autism spectrum, and how to support and develop these skills. Dr. Hillier is also the director of the “Aspirations” program, a social and vocational skills support program for adolescents and young adults on the autism spectrum. She also runs other interventions for young adults on the autism spectrum including a Music Program, a Movie Club, and a Book Club. Further information can be found at: http://faculty.uml.edu/ahiller

**Deirdra Murphy**, PT, DPT, MS, MHA is an Assistant Professor of Physical Therapy at the University of Massachusetts Lowell. Dr. Murphy’s recent interests include increasing the effectiveness of health care delivery and promoting health and fitness for people with and without disabilities. Dr. Murphy was a 2000–2001 recipient of the Leadership in Education of Neurodevelopment Disabilities Fellowship at the Eunice Kennedy Shriver Center, funded by Maternal and Child Health.

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**Departments of Psychology and Physical Therapy**  
**University of Massachusetts Lowell**

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**What Is Fit & Fun?**

FIT and FUN is a highly successful physical activity, and relaxation program being run for the second year in a row. FIT and FUN is a fitness program that provides adolescents and young adults on the autism spectrum an opportunity to learn about living a healthy lifestyle, and participate in various exercises and relaxation techniques. FIT and FUN is run by trained UMass Lowell Physical Therapy students, and overseen by professors from the Physical Therapy and Psychology Department.

**WHO Can Attend?**
Fit and Fun is for high functioning adolescents and young adults (ages 13-30 years) with an autism spectrum disorder. Parents are encouraged to observe the weekly sessions.

**WHEN do we meet?**
FIT and FUN is an 8-week program that meets once a week in the early evening at UMass Lowell South Campus. The program runs during the spring semesters.

**COST?**
The fee for the eight-week program is $50. Scholarships are available.

**WHERE do I go?**
University of Massachusetts Lowell South Campus
Department of Physical Therapy

**FIT and FUN Components**
- Participate in exercises that improve fitness level, balance, coordination, and overall strength.
- Practice how to reduce stress and increase feelings of wellness through relaxation techniques and exercises.
- Learn about the components of a healthy lifestyle through discussion and handouts.
- Engage in group activities and games during interactions with others in the program.
- Meet other adolescents and young adults on the autism spectrum, and possibly make friends.