

# Comparison of Sedentary Behavior and Physical Activity between Children with Autism Spectrum Disorder (ASD) and the Controls

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## ABSTRACT

Many health organizations and scientific associations agree that physical activity (PA) improves children and youth's overall quality of life and offers essential health benefits [1],[2], and they advise engaging in moderate-to-vigorous PA for at least 60 minutes each day. [3] Lowered levels of PA are thought to put children and young people with disabilities at higher risk of obesity. The assessment of physical activity level required continue follow up , therefor ActiGraph monitor (GT3X+), which records kids' entire body movements and unstructured play activities like standing, sitting, walking, climbing stairs, running, and cycling. Actigraph accelerometers are thought to be reliable tools for determining kids' sedentary time and physical activity time because they can measure a kid's orientation and immature motor movements with accuracy.