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Including Exercise with Behavioral Interventions Can Increase Benefits

Researchers are finding more evidence that exercise and sports can help improve [executive functioning when combined with behavioral interventions for ADHD.](#)



Improving Accessibility to CHADD.org

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Ask the Expert Highlight

A Summer At Camp

Featuring John Willson MS LRT/CTRS

Watch Now

Knowing what to look for in a camp or summer program when your child has ADHD is important for a successful experience.

John Willson, MS, LRT/CTRS, director of SOAR Camp, shares tips for families trying to make sense of the different types of summer programs available. Watch now to learn how to:

- Evaluate summer programs and their staff
- Create a checklist of questions to ask program providers
- Understand differences between summer programs roles

The logo for "ADHD in the News" features a stylized orange flower-like icon to the left of the text. "ADHD" is in a bold, blue, sans-serif font, while "in the News" is in a blue, cursive script font.

- Maternal obesity linked to ADHD and behavioral problems in children, study suggests
- Feeding Kids With ADHD: 5 Concepts All Parents and Health Providers Need to Understand
- Antipsychotics for Children With ADHD Should Be a Last Resort
- How our 'birth environment' can influence our health
- The Erosive Power of ADHD: Tips for Adults
- How Multitasking Erodes Productivity And Dings Your IQ
- 'Nobody talks about it because everyone is on it': Adderall presents esports with an enigma
- Robot toys could help detect early signs of autism or ADHD in infants
- How a 6-year old was taken from school to a mental health facility – without her mother's consent

Read these and other articles in the [ADHD in the News weekly digest](#).

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Did You Know?

CHADD's Adult ADHD Support Online Community brings together adults affected by ADHD from around the world to discuss their common experiences and provide community support no matter where you're located.

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