

# National Physical Therapy Month October 2007

## What does this mean for you and your children?

October is National Physical Therapy Month. The American Physical Therapy Association's national theme is focusing on the importance of physical activity in the prevention of adult and childhood obesity. This is a major concern, and there are many programs and agencies addressing this issue. Physical activity is important for all of us, with and without health problems or physical disabilities. The Section on Pediatrics of the American Physical Therapy Association is committed to helping you and your children have a healthy lifestyle. We have developed a plan that can be beneficial to ALL children, of ALL ages and ALL abilities: "Let's ALL Get Moving!"

You will receive a Fact Sheet that provides valuable information for you and your family about the importance of physical activity.

In addition, your child will have the opportunity to participate in "Let's ALL Get Moving!"

During the month of October, physical therapists will be working with staff and children to set physical activity goals and then will help develop physical activities that will teach children to live a healthier lifestyle. These activities will be specially designed if your child has special needs. All participants will receive a silicone bracelet as a reminder of their commitment to exercise. At the end of PT Month, participation certificates will be given to all and charms will be given to those students who met their goal. They will have the opportunity to continue this program for themselves during November and December and then may decide to change their lifestyle as a New Year's resolution in January 2008. Incentives will be provided by the physical therapist throughout the program.

If you have any questions, you may contact the physical therapist at your child's school or treatment facility.



# LET'S ALL GET MOVING!

