

## H2600 Section on Obesity Program

Nuts and Bolts of Physical Activity: Practical Ways to Improve Activity Levels in Your Patients

Saturday, October 3  
3:00PM – 4:30PM CDT

This program will review fitness trends in youth and highlight the importance of developing fitness early in life. Faculty will discuss evidence-based guidelines and program ideas to build a fitness pyramid that recognizes the challenges of engaging the iGeneration with integrative neuromuscular training. Faculty also will discuss office-based strategies and tools for pediatricians.

3:00PM	<b>Section Business Meeting</b> <i>Natalie Digate Muth, MD, RDN, MPH, FAAP</i>
3:15PM	<b>Welcome/Introduction</b> <i>Moderator: Stephanie Walsh, MD, FAAP</i> <i>Avery Faigenbaum, EdD; Deborah Rohm Young, PhD</i>
3:20PM	<b>Physical Activity for the iGeneration: 60 Minutes of What?</b> <i>Avery Faigenbaum, EdD</i>
3:50PM	<b>When, Why, and How: Talking to Kids and Parents About Physical Activity</b> <i>Deborah Rohm Young, PhD</i>
4:20PM	<b>Q&amp;A</b> <i>Moderator: Stephanie Walsh, MD, FAAP</i> <i>Avery Faigenbaum, EdD; Deborah Rohm Young, PhD</i>
4:30PM	<b>Adjourn</b>