

Bright Futures in Practice: Physical Activity

Bright Futures in Practice: Physical Activity (2001), the third volume in the *Bright Futures in Practice* series, provides developmental guidelines on physical activity for the periods of infancy through adolescence. Co-chaired by Kevin Patrick, M.D., M.S. and Bonnie Spear, Ph.D., R.D., the guide provides current information on screening, assessment, and counseling to promote physical activity and to meet the needs of health professionals, families, and communities.

How can *Bright Futures in Practice: Physical Activity* be used?

Bright Futures in Practice: Physical activity

- Provides strategies for health professionals to incorporate physical activity information into their primary care services.
- Identifies cross-cutting issues or concerns families may have with incorporating physical activity into a daily lifestyle when children or adolescents have special health care needs or a health concern such as asthma, diabetes mellitus, or hypertension.
- Provides useful methods for community program staff to promote safe, age-appropriate physical activity for children and adolescents.
- Enhances the partnership between health professionals, families, and communities by providing practical and educational information about physical activity.

What makes *Bright Futures in Practice: Physical Activity* unique?

Bright Futures in Practice: Physical Activity is based on several innovations. The guide

- Provides an age-based guide for screening, assessment, and counseling for the promotion of physical activity.
- Includes screening and assessment tools for health professionals, educational materials, and organizational resources.
- Acknowledges the contribution and partnership of health professionals, community program staff, and families in health promotion and disease prevention.

How can I learn more about *Bright Futures in Practice: Physical Activity*?

For more information, please visit our web site, <http://www.brightfutures.org>, or contact

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