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INFORMATION FOR CATEGORY 1 CME CREDIT

Family Physical Activity Planning and Child Physical Activity Outcomes: A Randomized Trial

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This article has been chosen to participate in the AJPM CME program. Please read and follow the instructions below:

Educational objectives

After reading this article, the learner should be able to:

1. Recognize family-based interventions as an important setting for targeting child physical activity.
2. Discuss useful components of family-based interventions aimed at improving child physical activity.
3. Assess various strategies that can be provided to families to help increase their child's physical activity.
4. Identify strategies that could be incorporated into one's own physical activity promotion practice.

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The authors, Ryan E. Rhodes, Chris M. Blanchard, Alison Quinlan, Patti-Jean Naylor, and Darren E.R. Warburton, have disclosed that no relevant financial relationships exist.

Term of approval

August 2, 2019–August 2, 2022

Estimated time to complete this activity is 1 hour.

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