ALEXANDRIA, VA, October 14, 2010 – According to the Centers for Disease Control and Prevention (CDC), 68% of adults over the age of 20 are either overweight or obese (for each group the percentages are equal). With Americans’ health challenges in mind, the American Physical Therapy Association’s (APTA) Move Forward campaign is hosting a tweetchat on November 3 to kick-start a physical activity discussion on Twitter.

The #MovePT chat will be moderated by AOL blog That’s Fit (@Thats_Fit). APTA Member Talli van Sunder, PT, DPT, will be available via @MoveForwardPT to answer questions and address issues related to the role of physical activity in staying fit, starting an exercise regimen, and exercise considerations for people who are obese and/or have type 2 diabetes.

“Making a commitment to be physically active is one of the best ways families can prevent or combat obesity and its consequences, such as type 2 diabetes,” said Emilio J. Rouco, director of public relations for APTA. “As experts in restoring and improving motion in people’s lives, physical therapists are able to take preexisting conditions into account and develop individualized plans that allow people of all ages and abilities to establish lifelong patterns of physical activity.”

The tweetchat will take place November 3 from 6 to 7 pm Eastern Daylight Time.
- To join the chat, visit http://tweetchat.com/room/MovePT, log in to Twitter and follow the hashtag #MovePT.

Join the Move Forward PT community on Facebook, YouTube and Twitter via @MoveForwardPT. For more information, visit the physical activity page on MoveForwardPT.com and watch a video on how physical therapists can play an active role in dealing with diabetes.

About APTA
The American Physical Therapy Association (APTA) represents more than 74,000 physical therapists, physical therapist assistants, and students of physical therapy nationwide. Learn more about conditions physical therapists can treat and find a physical therapist in your area at www.moveforwardpt.com/findapt. Consumers are encouraged to follow us on Twitter (@moveforwardpt) and Facebook.
**About That's Fit**

That’s Fit provides the latest news and information on fitness, weight loss, and healthy living including diet reviews, success stories, and exercise tips. Learn more about healthy living and join the discussion on Facebook and Twitter, and visit www.ThatsFit.com.

**About Talli van Sunder, PT, DPT**

Talli van Sunder, PT, DPT, graduated from the University of Puget Sound from Tacoma, Washington, with a bachelor’s degree in chemistry and a doctorate of physical therapy. She is a physical therapist by trade, and a health fanatic by passion. Van Sunder owns a physical therapy clinic, In Stride Physical Therapy. Through her work, Van Sunder has inspired countless others to switch to a healthier lifestyle because she truly loves teaching others ways to become healthy. Follow her on Twitter via @tallivansunder.

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