Movement is safe and feasible for children and teens affected by cancer. The iPOEG provides practical guidelines and recommendation statements to encourage more movement.

**WHO?**
Any child or teen affected by cancer can move more in the spaces they find comfortable and with the right support.

**WHAT?**
Movement is anything where you are exerting energy.
It’s safe and beneficial for teens and children who are affected by cancer.

**WHERE?**
Move anywhere you feel comfortable:
- Home
- Community and/or school
- Hospital
- Gym

**WHEN?**
Try to add more movement anytime and anywhere throughout your day and when it feels good for you!

**Why?**
Movement can help to:
- Increase:
  - Fitness
  - Mood
  - Sleep
  - Strength
- Decrease:
  - Depression
  - Fatigue
  - Pain
  - Anxiety

**How?**
To get started, try:
- **Breathing:** Inhale and exhale slowly, deeply through your nose or mouth.
- **Stretching:** Roll your shoulders, wiggle your fingers or toes.
- **Sports:** Play an activity you like by yourself, friends or family.
- **Supportive Fitness:** Move more with help from qualified professional (e.g., physiotherapist, exercise physiologist).
**ADD MORE MOVEMENT TO YOUR DAY**

**WHY?**
Movement can help to:
-增加健康
-提升心情
-改善睡眠
-增强力量
-减轻抑郁
-减少疲劳
-减轻疼痛
-减轻焦虑

**WHO?**
任何受癌症影响的儿童或青少年可以增加更多运动，他们在感到舒适的空间中移动，并且有正确的支持。

**WHAT?**
移动是任何你正在消耗能量的事情。
它对受癌症影响的青少年和儿童是安全和有益的。

**WHERE?**
移动到你感到舒适的地方：
- Home
- Community and/or School
- Hospital
- Gym

**WHEN?**
尝试增加更多运动
任何时间任何地方
通过你的一天和当它对你感觉好时！

**HOW?**

- **Breathing**
  吸气和呼气缓慢，深呼吸。

- **Stretching**
  挤压肩膀，摇动手指或脚趾。

- **Sports**
  进行你喜欢的活动，独自或与朋友、家人一起。

- **Supportive Fitness**
  获得更多的支持，从合格的专业人士（例如：物理治疗师、运动生理学家）。

**iPOEG**
国际儿童肿瘤学运动指南
**WHY?**

**INCREASE**
- Fitness
- Mood
- Sleep
- Strength

**DECREASE**
- Depression
- Fatigue
- Pain
- Anxiety

**MOVEMENT CAN HELP TO:**

- **INCREASE**
  - Fitness
  - Mood
  - Sleep
  - Strength

- **DECREASE**
  - Depression
  - Fatigue
  - Pain
  - Anxiety

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**WHO?**

ANY CHILD OR TEEN AFFECTED BY CANCER CAN MOVE MORE in the spaces they find comfortable and with the right support.

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**WHAT?**

MOVEMENT IS ANYTHING WHERE YOU ARE EXERTING ENERGY.

IT’S SAFE AND BENEFICIAL FOR TEENS AND CHILDREN WHO ARE AFFECTED BY CANCER.

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**WHERE?**

MOVE ANYWHERE YOU FEEL COMFORTABLE:

- HOME
- COMMUNITY AND/OR SCHOOL
- HOSPITAL
- GYM

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**WHEN?**

TRY TO ADD MORE MOVEMENT ANYTIME AND ANYWHERE THROUGHOUT YOUR DAY AND WHEN IT FEELS GOOD FOR YOU!

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**HOW?**

TO GET STARTED, TRY:

- **BREATHING**
  Inhale and exhale slowly, deeply through your nose or mouth.

- **STRETCHING**
  Roll your shoulders, wiggle your fingers or toes.

- **SPORTS**
  Play an activity you like by yourself, friends or family.

- **SUPPORTIVE FITNESS**
  Move more with help from qualified professional (e.g., physiotherapist, exercise physiologist).

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