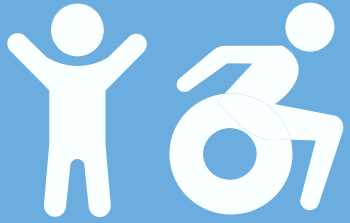


ADD MORE MOVEMENT TO YOUR DAY

EACH DAY WILL LOOK OR FEEL DIFFERENT AND THAT'S OKAY

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

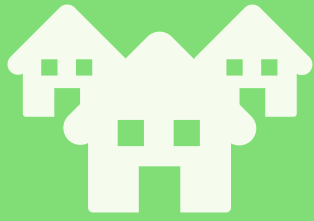
FOR TEENS AND CHILDREN WHO ARE AFFECTED BY CANCER.

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

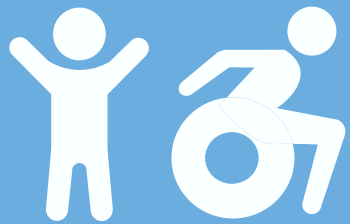
Move more with help from qualified professional (e.g., physiotherapist, exercise physiologist).

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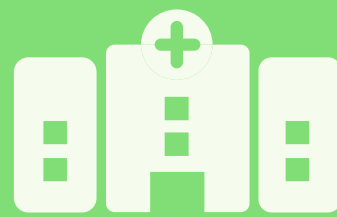
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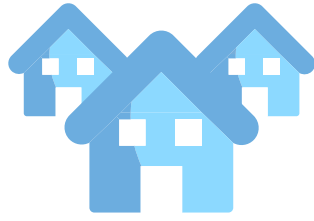
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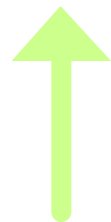
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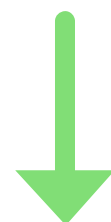
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