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

FIND FUN WAYS TO MOVE TODAY

Movement is safe for children affected by cancer. The IPOEG provides guidelines and recommendation statements to encourage moving more. By following these three steps in building a safe and supportive space, children can find a variety of fun ways to move every day.

1. FIND YOUR SPACE
   - MOVE ANYWHERE AND ANYTIME AT:
     - GYM
     - HOSPITAL
     - COMMUNITY AND/OR SCHOOL
     - HOME

2. CHOOSE YOUR MOVEMENT
   - MOVEMENT IS POSSIBLE AND IMPORTANT FOR ALL:
     - ABILITIES
     - DIAGNOSES
     - AGES
     - STAGES AND PHASES

3. ASK FOR SUPPORT
   - GET HELP EVERY STEP OF THE WAY FROM:
     - HEALTHCARE HELPER
     - EXERCISE PROFESSIONAL
     - FAMILY
     - COMMUNITY GUIDE AND/OR TEACHER
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1. FIND YOUR SPACE
   Move anywhere and anytime at:
   - Gym
   - Hospital
   - Home
   - Community and/or school

2. CHOOSE YOUR MOVEMENT
   Movement is possible and important for all:
   - Abilities
   - Diagnoses
   - Ages
   - Stages and phases

3. ASK FOR SUPPORT
   Get help every step of the way from:
   - Healthcare helper
   - Exercise professional
   - Family
   - Community guide and/or teacher
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   - Hospital
   - Gym

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   MOVEMENT IS POSSIBLE AND IMPORTANT FOR ALL:
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