

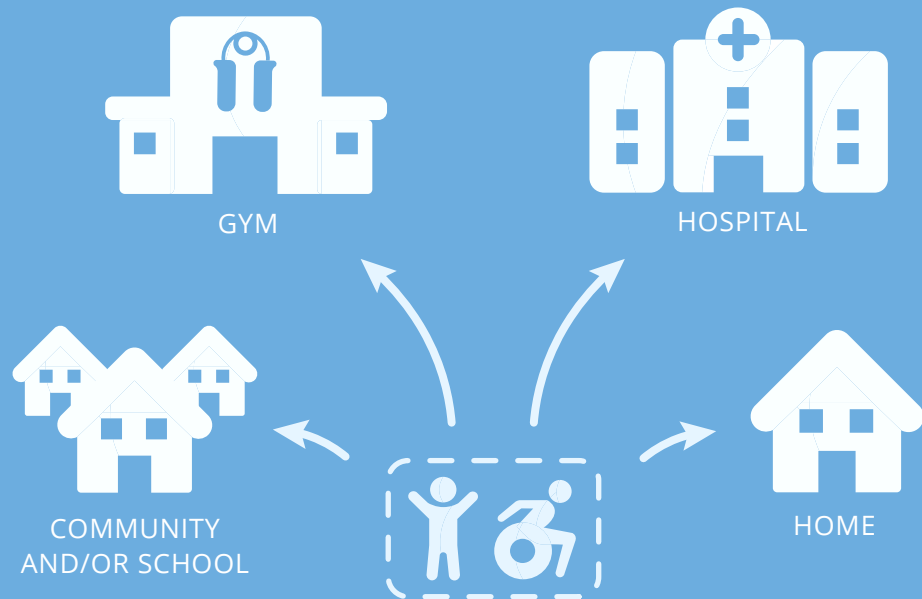
# FIND FUN WAYS TO MOVE TODAY

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

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.

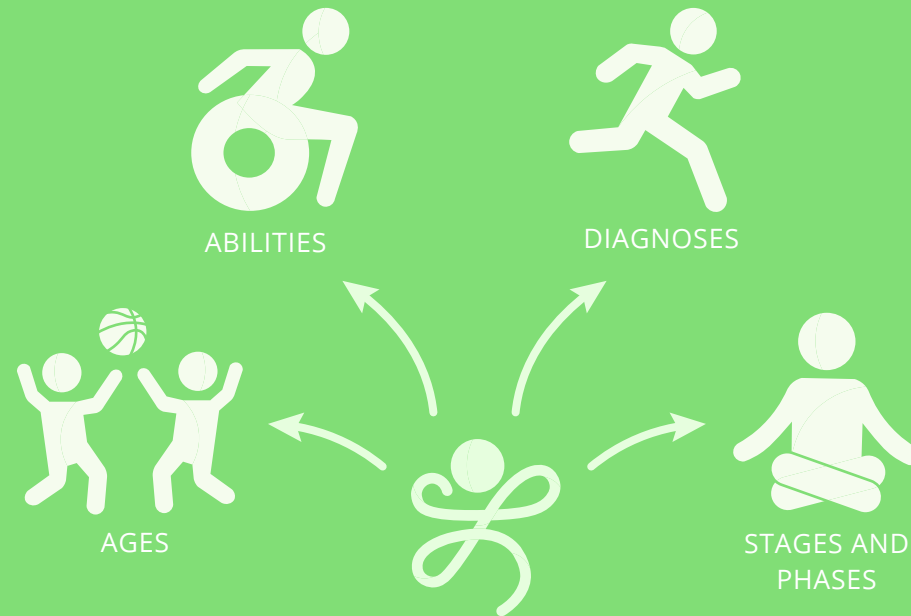
## 1 FIND YOUR SPACE

MOVE ANYWHERE AND ANYTIME AT:



## 2 CHOOSE YOUR MOVEMENT

MOVEMENT IS POSSIBLE AND IMPORTANT FOR ALL:



## 3 ASK FOR SUPPORT

GET HELP EVERY STEP OF THE WAY FROM:



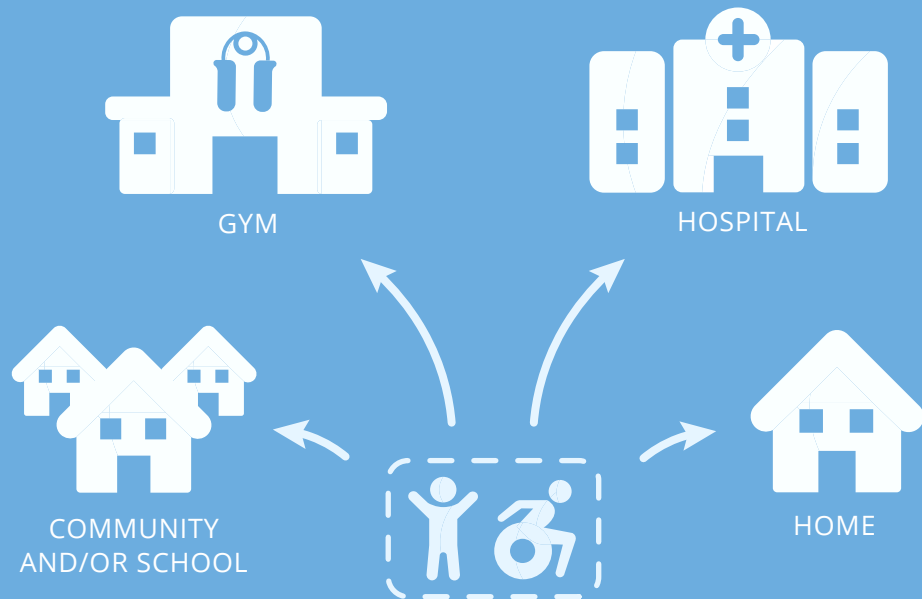
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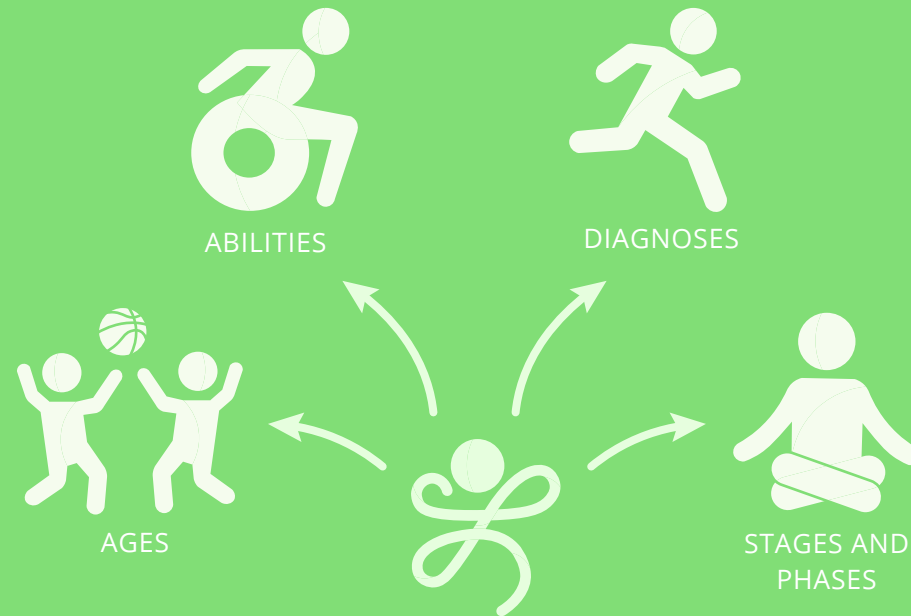
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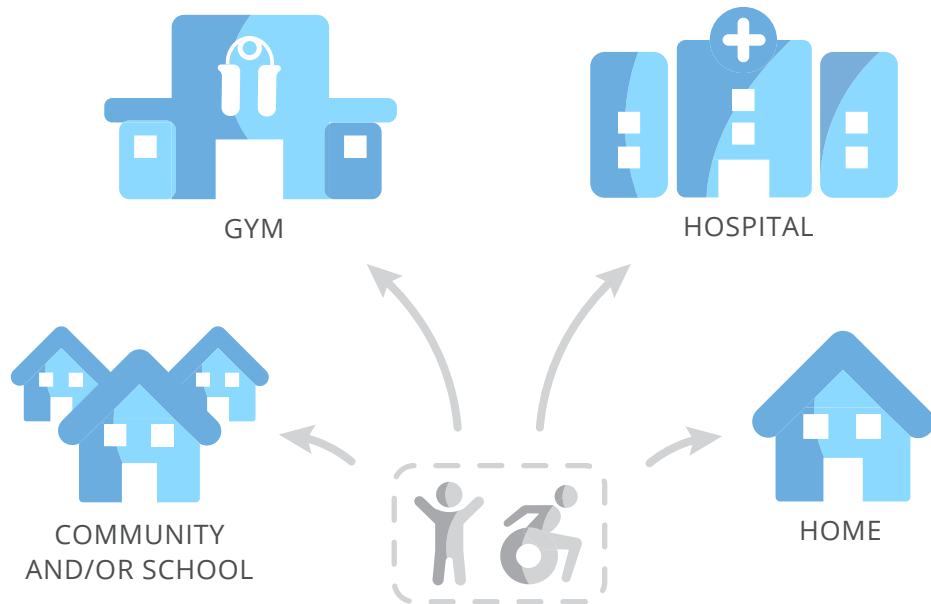
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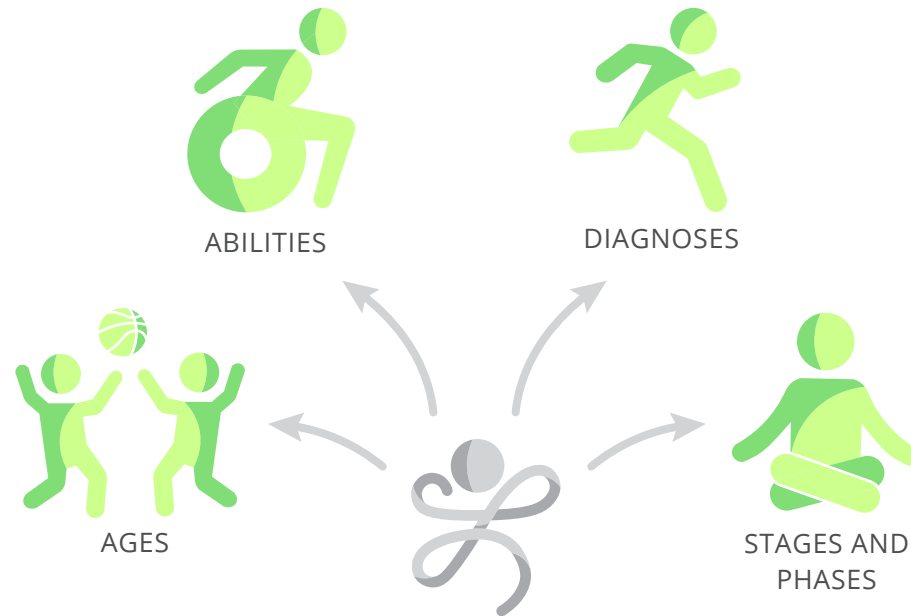
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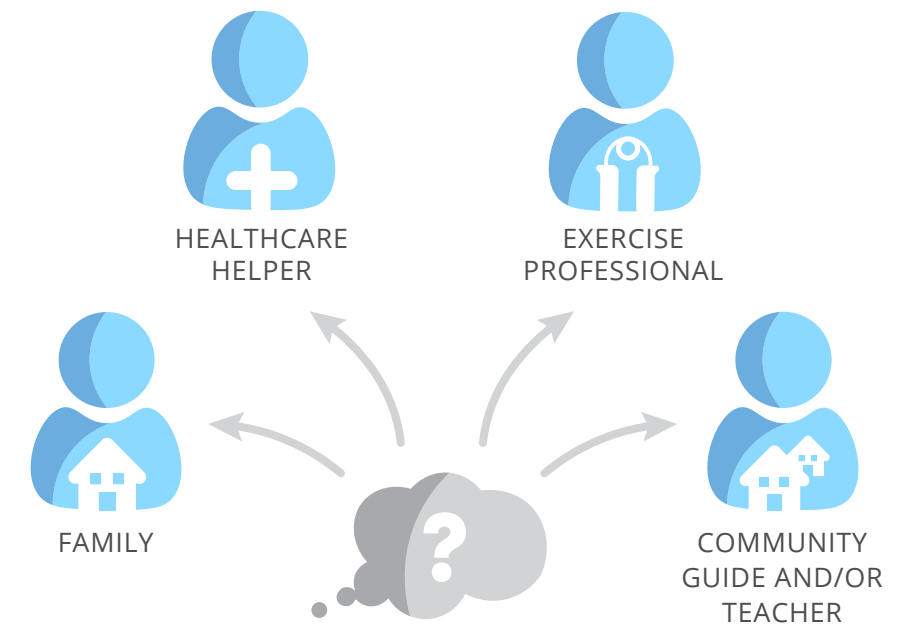
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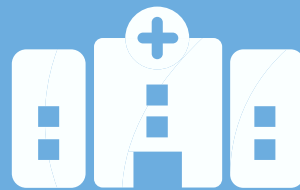
MOVE ANYWHERE AND ANYTIME AT:



HOME



COMMUNITY AND/OR SCHOOL



HOSPITAL



GYM

## 2 CHOOSE YOUR MOVEMENT

MOVEMENT IS POSSIBLE AND IMPORTANT FOR ALL:



AGES



ABILITIES



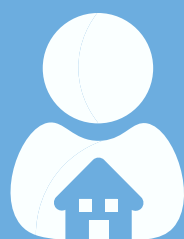
DIAGNOSES



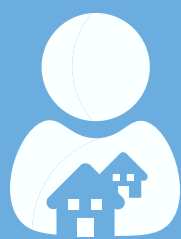
STAGES AND PHASES

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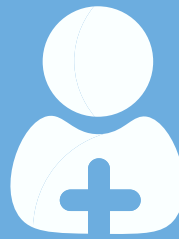
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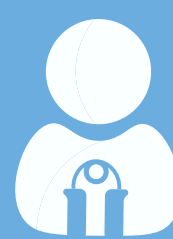
FAMILY



COMMUNITY GUIDE  
AND/OR TEACHER



HEALTHCARE HELPER



EXERCISE PROFESSIONAL

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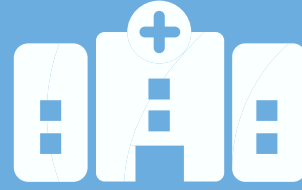
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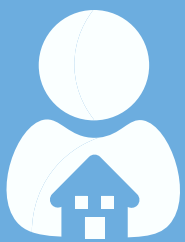
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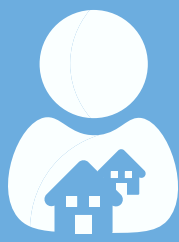
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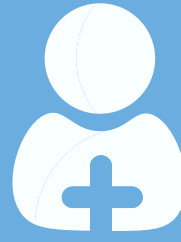
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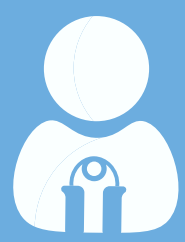
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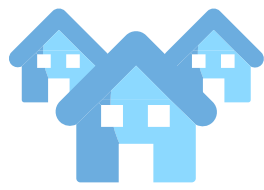
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