

Physical Activity for Children and Adolescents Affected by Cancer: the IMPACT intervention and Trial

KEY MESSAGES



- The IMplementation of Physical Activity for Children and adolescents on Treatment (IMPACT) is for youth (5-18) diagnosed with cancer and/or blood disorder in Alberta.
- Physical activity can **reduce many of the negative side-effects** from treatment, and **improve overall quality of life** among pediatric cancer patients.
- This work supports the **implementation of exercise** within cancer care for youth with cancer and/or blood disorder.



McLaughlin et al., 2025

Implementation of Physical Activity for Children and adolescents on Treatment (IMPACT) for Cancer Diagnoses in Alberta: Protocol for a Single-Arm, Mixed Methods, Hybrid Effectiveness-Implementation Trial

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The IMPACT Program Includes:

A 12-week exercise program with up to 3 x 15-45 minute-long sessions a week (one-on-one sessions)



A trained exercise professional with over 30 hours of specialized training delivering all sessions



Virtual sessions, accessible from home, or the hospital (i.e., via Zoom)



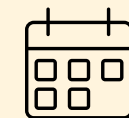
Tailored programs, based on patient's needs



Assessments of patient and caregiver-reported outcomes, physical function, and physical activity levels



Assessments that occur at baseline (week 0) and post-intervention (week 12), (plus a 6-month/12-month follow-ups)



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