

IMPACT

Implementation of Physical Activity for Children and adolescents on Treatment

Are you interested in joining a **FREE**, **FUN**, and **ONLINE** exercise research program?



Fitness Wristband

The IMPACT Program:

- 1:1 **online** physical activity program offered to **children and adolescents** 5-18 diagnosed with cancer and/or blood disease (a parent/caregiver must be present during sessions)
- Physical activity program is delivered by a **trained** fitness professional
- The physical activity program will be delivered **online** 2-3 times/week for 12 weeks
- You will get a **yoga mat** and **fun movement resources** (to keep!), and a **Fitbit** to use during the program



This study has been approved by the Health Research Ethics Board of Alberta: HREBA.CC-20-0364



If you would like more information, please scan the QR code, or contact the IMPACT study team, at:

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