Bone Health, Physical Activity & Childhood Cancer

Did you know?!
1. Cancer treatment can put your child at risk for poor bone health
2. Majority of bone strength develops during childhood

Why is Bone Health important?
Healthy Bones = Reduced Risk of:
- Fractures
- Poor Movement

Strong Bones = Healthy Bones

How to Improve Bone Health

Physical Activity = Bone Health
PA is recommended for children with cancer, during and after treatment

Physical Activity Guidelines
Emphasize:
- weight bearing exercise
- balance training
- core strength
- strength training
- cardiovascular training
- flexibility training

Caution*:
- contact sports
- activity that cause pain
- activities that increase fall risk
- heavy lifting
- high impact activity

*Varies depending on severity of poor bone health

Refer to the POEM MANUAL for additional information