



DID YOU KNOW?



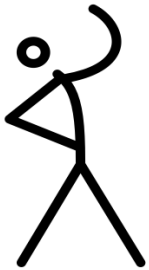
Physical Activity is



- ✓ Safe
- ✓ Beneficial
- ✓ Recommended



For Children with Cancer



Physical activity can help with the side effects of treatment:



Fatigue

Heart Conditions

Suppressed Immune System

Damage to the Nervous System

Poor Bone Health

Difficulty Breathing

Post-surgical effects of bone tumours

Low mood

High Blood Pressure

Easy Bruising

Sensory Impairments

Poor lung health

Refer to Ch 5 in the POEM Manual for Specific Activity Recommendations