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