

How physical activity can help your child



Physical activity is important for everyone.

It can be very important in helping to deal with some of the problems your child may face during cancer treatment.

A physiotherapist can work with you and your child. Together you can make a plan to help your child stay active, doing things he or she enjoys.

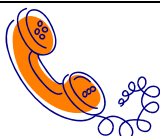
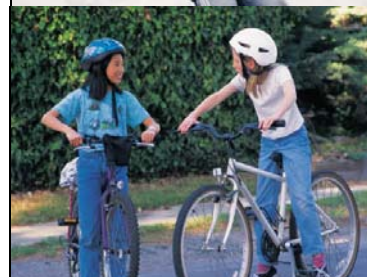
Regular and safe physical activity can help your child:

- ✓ feel less tired and have more energy
- ✓ feel more relaxed and sleep better
- ✓ play and socialize with friends
- ✓ improve his or her appetite
- ✓ have a healthy weight
- ✓ keep muscles strong and flexible
- ✓ keep bones strong
- ✓ keep his or her heart and lungs healthy
- ✓ improve posture
- ✓ relieve or manage pain
- ✓ improve balance, co-ordination and movement
- ✓ feel good about him/herself and how he or she looks
- ✓ prevent constipation



Help your child to be active

- Have your child do activities that he or she finds fun and interesting.
- Plan a variety of activities - that involve strength, balance, coordination and flexibility.
- Encourage your child to play and be active when he or she is feeling well.
- Have your child start slowly. Gradually get him/her to exercise for a longer time and with more effort. Work up to at least 60 minutes of moderate activity, most days of the week. Moderate activity is equal to taking a brisk walk.
- Physical activity can be spread out during the day. For example, take a few walks, play some games, go up and down the stairs.
- When your child is not feeling well due to chemotherapy or other problems, keep him/her moving as much as possible. Take short walks or play simple games that encourage movement. Save the more strenuous activities for when he or she is feeling well.
- Limit the time your child spends on activities that are not active, such as watching TV, using the computer or playing video games.
- Enjoy activities with a friend, family member or pet. Exercising as a family can motivate your child. This keeps you energized and healthy too!
- Do not let your child jump from a height of more than 6 inches (15 cm) if bone density is a concern.



**Talk with your doctor, nurse or physiotherapist
if your child has pain or becomes tired during exercise.**