

Keep active!

Information for teens with ALL

If you have Acute Lymphoblastic Leukemia (ALL) you may sometimes have problems with walking, running and climbing stairs. This is due to muscle weakness, muscle tightness and pain. Teens who stay active seem to have fewer problems.

It is important for you to be as active as possible in the hospital and at home.

Tips for being active:

- Walk! Use a wheelchair only when necessary.
- Try riding a bike, climbing stairs or go for walks.
- If you are spending time in bed, climb in and out of bed. Go for short walks as often as you can.

Do not jump off any object greater than 15 cm (6 inches) from the floor.

You will need to adjust your activity if you:

- have an IV
- do not feel well
- are in isolation

If you have questions or would like help, please speak with a member of your health care team.