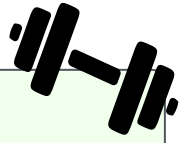


Keeping active in the ward

BENEFITS



Maintain heart and lung health

Keeping active improves overall health and fitness by improving heart and lung function. Children with cancer who stay active will have more energy for daily home and school activities, as well as playing with friends.

Keep and improve muscular strength

Exercise builds strong muscles so your child can become a playground warrior!



Improve bone health

Majority of bone strength develops during childhood. Cancer treatment can put your child at risk of poor bone health. Exercise will help build strong bones and reduce risk of fractures.



Improve sleep

Exercise can help reduce sleep disorders, enhance sleep-wake rhythms to reduce cancer-related fatigue. This helps your child regulate their emotions!

Improve emotional well-being

Treatment can be tough. Keeping active can help boost your child's emotional well-being, reduce anxiety linked to cancer treatments, and improve quality of life.



And many more!



Guideline

**CHOOSE TO MOVE.
DO WHAT YOU CAN.
DO IT WHEN YOU CAN**

Movement might look (and feel) different day to day, and that is okay.



Recommended Exercises

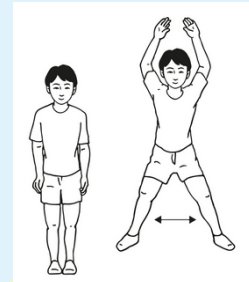
Cardiovascular



Walking



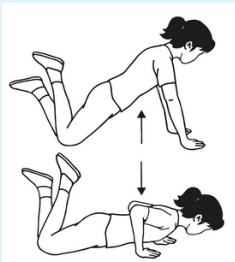
Pedal cycling



Jumping jacks

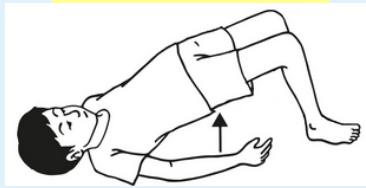
Strengthening

Bed exercise

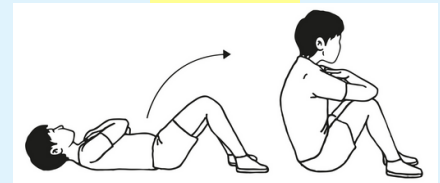


Knee push up

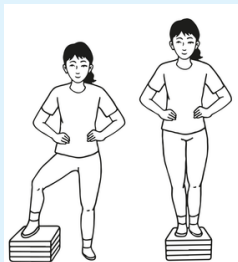
Glute bridges



Sit ups



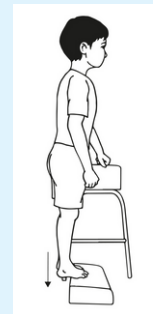
Standing exercises



Sideway step ups



Step ups



Calf raises

Seated exercises



Sit to stand



Knee extensions



QUICK TIPS

- 1 Make exercise fun for your child by incorporating them into a game! Try hiding items around the room and encouraging your child to look for them.
- 2 Be their role model. Set a positive example by leading an active lifestyle yourself and inspire them to exercise!
- 3 Make physical activity part of their daily routine by playing active games together.
- 4 Dance to their favourite songs or create a dance challenge to keep them motivated to move.

Consult your child's doctor before starting exercise. Only encourage exercise if your child is well. If you are unsure of the type of exercises your child can do, ask your doctor for a referral to a physiotherapist.



KK Women's and
Children's Hospital
SingHealth



SingHealth DukeNUS
ACADEMIC MEDICAL CENTRE
PAEDIATRICS



Gold symbolises the precious metal of the highest value, just like how precious our children are, so gold is the international colour to represent childhood cancer awareness. Gold is also the colour of strength, courage and resiliency.

