

Useful information about my cancer and physical activity

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Physical activity is good for me

- It increases my fitness
- It improves my muscle strength
- It improves my sleep
- It improves my well-being and self-esteem
- It can help reduce my levels of fatigue

Physical activity is safe for me

Some people may have concerns about:

- **Tiredness:** It's normal to feel tired during and after cancer treatment. Becoming more active is an important way to improve fatigue. I may have to start slowly and build up gradually and am likely to need a lesson plan that allows me to do this
- **Risk of infection:** My doctors will tell me if it is not safe to be in school because of the risk of infection. If I am OK to be in school, it is good for me to try to be active
- **I may have a central line:** Activity doesn't have to mean intense exercise or sport. Even gentle movements help to maintain my fitness, muscle and bone strength, and flexibility. My doctor can advise me if there is anything in particular I need to avoid with a central line (such as contact sports or swimming)
- **I may have a VP shunt:** Exercise is safe with a VP shunt but there may be some precautions I need to take. My doctor/specialist nurse can provide advice if there is anything I particularly need to avoid (such as contact sports)
- **Pain:** Some muscle soreness is normal after exercise, especially when increasing activity or trying something new. If I do have increased pain, I will need to stop for a while and may need to ask a member of my medical team to check what hurts



Useful information about my cancer and physical activity

Physical activity is safe for me (continued)

There are things that you could do to help

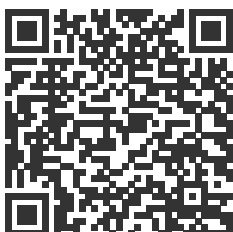
- **Getting hurt:** Muscles and bones are weaker after inactivity and cancer treatments. Staying active by doing normal daily activities can help to improve my strength before progressing on to more intense activity. I may need to avoid activities/sports where there is a greater risk of injury whilst on treatment
- **Bone tumours:** If my disease affects my bone(s) I will need to get specialist advice from my doctors/physios about what exercise/activity is safe for me

It would help me if you could:

- Pace my activity
- Understand that I may have good days and bad days
- If I have problems with my balance or altered sensation, ensure I do not do exercise on uneven surfaces
- Encourage me in the sports I enjoy and consider allowing a friend to buddy-up with me for support
- Ensure that I keep hydrated
- Be aware that there may be some stages in treatment when I am more likely to catch infection. I can check with my medical team if I need to avoid certain environments such as swimming pools

Please talk to me or my parent or guardian if you have any questions or concerns. We can check with my medical team if required.

For guidance on activities that are suitable for me, please keep a copy and refer to “My cancer and physical activity plan” on the next page. I have filled this in with a member of my medical team.



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Useful information about my cancer and physical activity plan

Keeping active: my plan

Complete this plan with a member of your medical team (e.g. doctor, physio, specialist nurse) and share it with your teachers at school.

I CAN do (e.g. P.E. classes, break times):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

For now, I need to avoid (e.g. contact sports, swimming):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

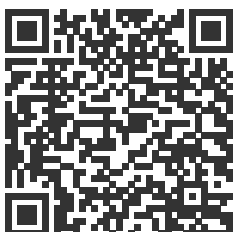
Alerts: I have a...

(tick all that apply)

Central line

VP Shunt

Endoprosthesis



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