



Fitness in Childhood Cancer Patients

How to Stay Physically Active During and After Treatments



Get clearance from your child's Oncologist

It is essential to speak with your child's doctor before engaging in physical activity during and after treatment. Every child responds to treatment differently and there may be times when they need to rest.



Decide what activities sound fun

There are so many options! Hiking, yoga, jump rope, walking, dancing, basketball, swimming, cycling, playing in the park, throwing frisbee, and many more. Find something you and your child enjoy doing.



Be active most days of the week

CDC recommends that children be physically active for 60 minutes or more daily. If this is not possible, try being active for 20 to 30 minutes at a time. Build a routine each day with your child that includes physical activity.



Rest when appropriate

Physical activity is important, but so is rest. Make sure you and your child are resting when necessary. After a tough round of chemo, you both may need a day off to rest.



Have Fun

Exercise and physical activity can be more than just running or lifting weights; they can also be opportunities to make fun memories with your child. Challenge your child to help you try new activities that they enjoy doing.

Reference: <https://together.stjude.org/en-us/blog/article/fitness-childhood-cancer.html>