

# Bone Health, Physical Activity & Childhood Cancer



Did you know?!



1. Cancer treatment can put your child at risk for poor bone health

2. Majority of bone strength develops during childhood

Why is BONE HEALTH important?



Healthy Bones = Reduced Risk of:

- Fractures
- Poor Movement



**STRONG BONES = HEALTHY BONES**

How to Improve BONE HEALTH



Physical Activity = Bone Health

PA is recommended for children with cancer, during and after treatment

Physical Activity Guidelines



Emphasize:

- weight bearing exercise
- balance training
- core strength
- strength training
- cardiovascular training
- flexibility training

Caution\*:

- contact sports
- activity that cause pain
- activities that increase fall risk
- heavy lifting
- high impact activity

\*Varies depending on severity of poor bone health



Refer to the POEM MANUAL for additional information