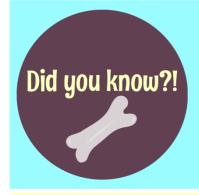
## Bone Health, Physical Activity & Childhood Cancer



- 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





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