

Leukemia AND Physical Activity

Leukemia Information



What is it?

A disease where the bone marrow produces abnormal white blood cells

Main Types

In the pediatric population, the most common types of leukemia are:
-Acute lymphocytic leukemia
-Acute myeloid leukemia

Leukemia Treatment

Treatment in multiple stages may include using chemotherapy, corticosteroids, stem cell therapy & radiation. Treatment can last up to 3 years.

Physical Activity during the Leukemia journey is found to be:

1 Safe

2 Feasible

3 Beneficial

Benefits of Physical Activity

- Increased strength
- Stronger bones
- Improved heart & lung health
- Improved self-confidence

Physical Activity Goals

- Manage side-effects of treatment
- Prevent decreases in strength & endurance
- Improve overall health
- *Goals are highly individual

Refer to Ch 7 in the POEM Manual for additional information