



# Let's Move

PHYSICAL ACTIVITY  
FOR CHILDREN AND TEENAGERS  
WITH AND AFTER  
CANCER





# Let's Move!

EXERCISE  
FOR CHILDREN AND TEENAGERS  
WITH AND AFTER  
CANCER

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# Let's Move

Exercise and sport for children and teenagers with and after cancer

## Foreword

Physical activity (PA) and exercise are key to maintaining overall physical and mental health. In children and teenagers, being physically active is important for general development and physical well-being. This also includes the development of the brain.

Children usually enjoy playing and being physically active, on their own, as well as with family or friends. Physical activity can range from running, climbing and swimming to playing sports such as football or basketball. When a child or teenager is diagnosed with cancer, it is very common for physical activity levels to decrease. This can be due to side effects of treatment, time spent in hospital, overprotection or lack of knowledge with regards to physical activity and exercise adaptations. Inactivity can lead to a reduction in cardiorespiratory fitness, muscle strength, and overall physical functioning and cognition, as well as increase the risk of comorbidities.

Research has shown that being physically active during treatment can help reduce fatigue, increase fitness and energy levels, improve mental health and quality of life. PA can also help to reduce the severity of long-term late effects of treatment, such as heart diseases or diabetes.

Experience shows, however, that there is a lot of uncertainty among many families as to which kind of physical activity and exercise is safe and how it can be adapted for their child.

To avoid fear surrounding PA and exercise during and after cancer treatment we have compiled this brochure with information, recommendations, and practical tips for patients, families and healthcare professionals.

We hope this brochure gives you the tools to feel safe whilst being physically active. We wish you and your child to have fun and enjoyment whilst exercising!

With our best wishes for you and your family.





## Foreword of the Sponsor

We from team DoppelPASS e.V. are happy to contribute to this brochure. As a charity based in the German state of Schleswig-Holstein, we've been helping children and teenagers suffering from cancer and their families from our federal state and have supported in making wishes of children come true for over 13 years. This is how we've been able to help to implement several campaigns of Lübeck and Kiel university hospitals.

With all our charity's members being physically active and having found each other by means of sports, we consider this offer to be of the utmost help.

For years we've been observing what impressive progress our brave children and teenagers can make by having fun moving around and improving their physical fitness.

Especially, making them comfortable with their bodies, improving their self-confidence and the possibility to exchange with others are crucial elements to manage the disease and to return into everyday life with confidence.

We wish you and the ActiveOncoKids network all the best in making a difference to the lives of children and creating special moments. We are happy that with this brochure, we've been able to sponsor a project which goes beyond the frontiers of Schleswig-Holstein.

Your team DoppelPASS e.V.



# Let's Move

Exercise and sport for children and teenagers with and after cancer

## CONTENT

**P.8 Why are physical activity and exercise important?**

**P.11 Physical activity and exercise in childhood cancer – How to help your child staying active**

**P. 12 Being active and exercising with friends and family**

- Physical activity in daily life during cancer therapy
- Sports and exercise during cancer treatment
- Physical activity, sports and exercise during long-term treatment and follow-up care
- The “right” intensity when being physically active and exercising

**P.20 How technology can help/support your child to be active during treatment and beyond**

**P. 26 Professional physical activity and exercise support**

- Physical activity in daily life during cancer treatment
- Exercise offers in rehabilitation clinics and outdoor education offers

**P.24 Physical activity and exercise at home**

- Special instructions for reintegration into school PE and sports clubs

**P.26 What is permitted?**

**Requirements for exercising and sport for children and teenagers with and after cancer**

**P.30 “Get Moving!” – An exercise catalogue for small and big “athletes”**

**P.50 The ActiveOncoKids network**

**P.53 Acknowledgements**



## WHY ARE PA AND EXERCISE IMPORTANT?

A childhood cancer diagnosis can significantly change the daily routines and lives of families affected. It is understandable that physical activity levels of patients and their families significantly decrease during and after treatment. Changes in physical activity (PA) levels are often seen after the end of treatment and can last for years.

Increasing PA levels during treatment can be challenging due to the amount of time spent in hospital, as well as treatment side effects such as fatigue, pain and nausea. However, it is important for your child to stay as physically active as possible.

This is because PA and exercise are crucial for the physical, mental and social development of your child. There is international research looking at the effect of increased levels of physical activity during and after cancer. Early indicators suggest that PA and exercise may help protect against some of the long-term effects of treatment. While in treatment, it can help to increase confidence, self-esteem, and overall quality of life as well as benefit the socialisation through the contact with friends and peers. Besides, regular PA can also support your child's rehabilitation after treatment by helping them to maintain better levels of fitness and support their return to sport and other activities.

It is important to note that physical activity and individualised exercise is possible and recommended during any cancer treatment phase, including post-treatment. While exercise may not be possible every day, bear in mind that any amount of movement is better than none.



Regular PA during and after treatment is important for your children's healthy development and can help to manage cancer treatment more effectively



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Exercise and sport for children and teenagers with and after cancer

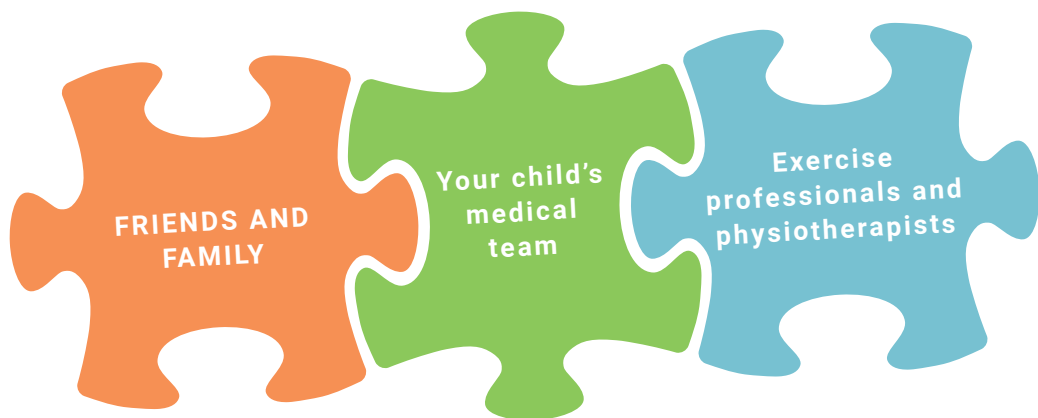


## PA AND EXERCISE IN CHILDHOOD CANCER

### HOW TO STAY ACTIVE

Sometimes, it can be difficult to find the energy and motivation to be physically active, especially whilst having treatment. It can also be difficult to know what types of physical activity are beneficial and how these can be adapted to best support your child.

This is why support from others can be helpful and necessary to motivate your child to be as physically active as possible. This support can come from many sources:



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## EXERCISING WITH FRIENDS AND

## FAMILY

**Family, friends and peers** can be really helpful in supporting your child to be more physically active. Having close people in your life who support movement can really impact your daily lifestyle.

## PHYSICAL ACTIVITY IN DAILY LIFE DURING CANCER TREATMENT

Maintaining a physically active daily life is **crucial** for children and teenagers diagnosed with cancer, especially during treatment. Get your child moving with the following tips and tricks:

- ▶ Walk short distances instead of driving. Any purposeful activity helps.
- ▶ Whenever possible, use the stairs instead of the lift.
- ▶ During time at home, make active plans with your family like walks or short bike rides.
- ▶ Motivate your child to keep an independent (as much as possible) and active lifestyle, even when in hospital or isolated during a stem cell transplant (e.g. eating at the table instead of in bed, getting dressed without help).



It is important for children to have fun and enjoy sport and exercise for long term engagement! Therefore, when choosing a sport, it is key to think of activities your child has previously enjoyed, their current preferences and goals as well as any worries that they might have.



## SPORTS AND EXERCISE DURING CANCER TREATMENT

In addition to being as active as possible during daily life, it would be beneficial if your child also followed an individualised exercise programme to maintain fitness during treatment.

The goal should not be to make your child feel exhausted, but to support regular physical activity.

According to the World Health Organisation's (WHO) physical activity recommendations, your child should move for at least 60 minutes a day. Whilst on treatment, you don't have to do all your exercise at once, it's okay to do it in small chunks during the day. This should comprise of light to moderate intensity activities. The goal is to stay physically active as long as possible.

How do I best support my child to be active in a safe way? Please, consider the information in the chapters "The right intensity" and "What is safe?"



For younger children, exercise should happen in a holistic and **playful manner**:

- ▶ Play air balloon tennis with your child (you can even do this in hospital)
- ▶ On the ward or in the corridor see if your child can throw a ball or set challenges to see how far they can throw, walk, or hop.
- ▶ Tell your child stories involving movements to get them moving when lying in bed (e.g. stretch like a cat, cycle a bike in the air, catch bubbles in the air).
- ▶ Make your child do “animal walks” (walk like a penguin or a giraffe).

Older children and teenagers may also do **specific exercises**. Motivate your child to...

- Use an exercise bike, or walk down the corridor, to help increase their heart rate.
- Strength training with small equipment (e.g. dumbbells and resistance bands) or every day everyday object (e.g. tins or water bottles).
- Balance exercises standing on one leg or on unstable surfaces.

## Physical activity, sports and exercise during long-term treatment and aftercare

During or after treatment, your child may go back to activities such as school PE lessons and/or sports clubs which will involve an increase in regular physical activity (PA). While it is great for your child to get involved and increase PA levels, it is important that the child feels comfortable and increases activity levels gradually. See some top tips below:

- ▶ Encourage your child to be active with friends and siblings.
- ▶ Accompany your child back to their sports club or find a new sport club to try out new activities.
- ▶ Speak to your child's teachers and coaches about their fitness levels and how they may need more frequent and longer rest breaks during sessions.
- ▶ Encourage and support your child to participate in school PE and inform the teacher about what is possible for your child. Focus on the abilities, not the limitations.
- ▶ Plan physically active family activities like hiking, cycling and/or games you can play as a family such as tag or football.
- ▶ If needed, refer your child to exercise professionals and/or physiotherapists (see next chapter).

Personalised exercise can help to increase physical fitness:

- ▶ Ask your child's exercise professional and/or physiotherapist for an individualised exercise programme.
- ▶ A complete physical fitness training program is crucial, combining aerobic exercises, muscular strength and coordination exercises.





Overall, the end goal would be for your child to be physically active for at least 60 minutes a day. According to the World Health Organisation, physical activity should include moderate to high intensity, i.e. the activity should be somewhat strenuous and make your child sweat a little. Don't worry if this is not always possible and remember that some physical activity is always better than none.

For a personalised exercise programme for your child, please refer to the information in the chapters „What is permitted?“ and „The right intensity“. If you have any additional concerns or questions please speak to your child's medical and exercise team before starting any new activities.

## THE “RIGHT” INTENSITY WHEN BEING PHYSICALLY ACTIVE AND EXERCISING

Often, parents/carers wonder how strenuous physical activity and exercise should be during and after treatment. It is understandable that you may feel worried about your child over-exerting themselves during exercise. It is important to speak to your child's medical and exercise teams to better understand how exercise may need to be adapted. However, for many children undergoing treatment regular moderate physical activity is safe and recommended.

Usually light-moderate physical activity is recommended for children and teenagers undergoing treatment and high intensity exercise can be gradually built up once intensive treatment has finished.

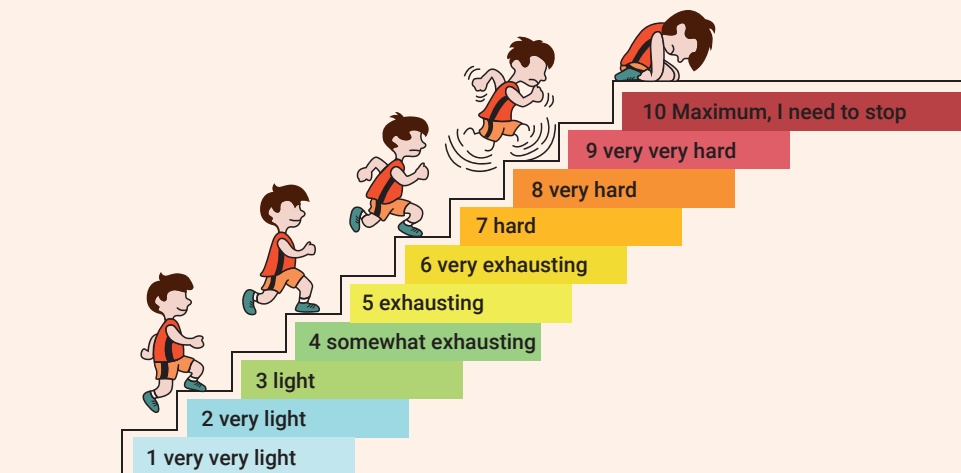
To allow for an estimation of the intensity level, we recommend referring to the intensity scale on the right. With the aid of the intensity scale, you can find out how your child is estimating the intensity while exercising.

An example of a PA perceived exertion scale appropriate for children can be found here:

- ▶ The perceived exertion scale comprises different intensity levels from “very easy” to “maximum, I need to stop”.
- ▶ Cartoons illustrate the different intensity levels for your child.
- ▶ Different colours support the illustration of intensity.

Take your time to explain and discuss the strain scale with your child.

This way, wrong estimations of the subjective over exhaustion can be avoided.



It is important to watch out for typical **signs of overexertion** in your child, like:

- ▶ heavy breathing – unable to hold a conversation
- ▶ Sweating a lot
- ▶ Very flushed face.

Whenever you recognise these signs on your child, encourage them to rest and recover for a while before continuing exercising.

**Watch out for signs of overexertion. Encourage your child to take a rest if exercise becomes too intense.**

# Let's Move

Exercise and sport for children and teenagers with and after cancer

## TECHNOLOGY SUPPORT

Technology can be a great way to increase your daily physical activity (PA). Apps that track your steps and activity levels can be a way of setting daily, weekly or even monthly goals. In addition, smartphone apps such as **Active Arcade** or **Pokémon Go** could help your children to increase their daily PA by playing individually or with a sibling or friend. Some hospitals may have their own app to help you exercise around the ward or hospital.

There are also online videos that you could access to try new activities, for example you could try yoga for beginners, or a dance class. **Nintendo Wii**, or **Switch** also have a lot of games that make moving fun – such as **Just Dance**, **Sports and Mario and Sonic at the Olympic Games**. It is a great idea to swap sedentary screen time for active screen time, to help improve fitness, strength, coordination and hopefully have some fun!







## TECHNOLOGY SUPPORT

### Research

There is lots of research being undertaken to also improve technology support for young cancer patients and survivors. Have you heard of the FORTEE project? As part of this project a European team have developed some technologies that can help with exercise, for example the **FORTEe app**, the **FORTEe AR app** and **Pixformance** device.

Keep your eye out for new technology developments and consider how you may be able to use existing technology to support your movement goals.

Please remember to talk to your child's medical and/or exercise team before using any new exercise apps and/or technologies.

### Practical Tips

Technology-based exercises and games can offer several benefits when it comes to fun, motivation and conveniently exercising anytime at home. However, they should always work in synergy with other indoor and outdoor exercises and training, whether it is in a group setting or individually. Additionally, certain safety considerations need to be observed. These primarily concern the age of the young person, and if this is during or post treatment as well as the exercise environment. Please have a read of the following tips and considerations.

- The main consideration for using technology-based exercises is the age and treatment phase of the young person/child. Regarding the latter, if the young person is still undergoing treatment, then the medical team should be consulted if parent-supervised or independent exercise can be conducted. Additionally, special attention needs to be paid to any treatment side effects that need to be considered when exercising or lines and ports that could restrict the movement or pose a risk when exercising at home.

- ▶ The age of the child and/or teenager matters as well as movement skills. If the young person still needs support and/or monitoring, then the parent or carer should be present and supervise activity.
- ▶ A general risk assessment should be conducted by the parent or carer regarding the exercise space for any potential hazards, for example, sharp corners and furniture edges need to be considered and moved where possible, and trip hazards considered.
- ▶ The young person should be inducted to the technologies and how to exercise by a responsible adult or exercise professional. This should also include some education around how to identify any symptoms for when to stop exercising such as dizziness, light-headedness etc.
- ▶ With technology and/or gamification there is always a risk of getting either carried away and working too hard or the opposite and just conducting minimal movement without gaining the real benefits of exercise. However, the latter is not a risk, but the exercise just isn't as effective.



# Let's Move

Exercise and sport for children and teenagers with and after cancer

## THINGS YOU NEED TO TALK TO YOUR DOCTOR ABOUT GUIDELINES FOR PA AND EXERCISE

Even when there are no concerns against your child being physically active and exercising, you should consider the following tips when planning a physically active everyday life and exercise activities:

Speak with your child's medical team before starting any new exercise programmes. The teams can advise whether exercise needs to be adapted and can give practical recommendations to help.

Also consider the following tips in your child's physical everyday life:

- ▶ Please respect basic hygienic measures and particular hygienic conditions due to the heightened susceptibility to infections, e.g. during a stem cell transplant.
- ▶ Note that due to the wound healing delay after surgery, the concerned body parts should be spared for at least 6 weeks, even longer with larger scars. Before that, any activity should only be pursued under professional supervision (e.g. by a physiotherapist).



- ▶ Consider any restricted mobility of your child due to hospitalisations or day-care stays for chemotherapy due to the drip stand. Physical activity is usually still possible with adoptions, however.
- ▶ Allow for breaks in case of acute side effects like nausea or fatigue. Under the following conditions exercise should be avoided:
  - acute haemorrhages
  - acute infections, especially with fever
  - increasing pain under strain.

Other than these common rules we invite you to consider the following particular disease and side-effect related situations. In these cases, advice from your child's medical team and physiotherapy team is recommended.

### Increased risk of falling:

The following situations may entail an increased risk of falling:

- ▶ Amputations with subsequent prosthetic care
- ▶ Balance and coordination disorders
- ▶ Peripheral polyneuropathy (often chemotherapy-related).



# Let's Move

Exercise and sport for children and teenagers with and after cancer

## PROFESSIONAL PA AND EXERCISE SUPPORT

Especially during intensive treatment, individual physical activity (PA) and exercise programmes can help your child to stay active and fit. In the hospital, the exercise professional and physiotherapy teams can give you tips and recommendations for safe physical activity practice. Make sure to express your concerns and discuss your questions openly!

Furthermore, there are increasingly more specific **physical activity and exercise programmes** on childhood cancer wards, which are run by physiotherapists and exercise therapists. Currently, these programmes can vary depending on which hospital you are based in. Speak to the team looking after your child about what can be offered and who can support your child with an exercise programme.



In exercise programmes, exercise specialists will help your child maintain and improve their physical fitness. If you have specific questions, please ask your exercise professional/physiotherapist



## OUT OF HOSPITAL

Outside of the hospital and especially in follow-up care, professionals in your community are increasingly important. These include exercise professionals, PE teachers and coaches, among others. They can support your child in returning to exercise and sport post-treatment.

We recommend you speak to your child's teachers and coaches about how they can support your child to return to and try new activities in school and the community. This might also require you to explain certain aspects of your child's condition and side effects. However, you should always focus on their abilities as well.

## SPECIAL INSTRUCTIONS FOR REINTEGRATION INTO SCHOOL PHYSICAL EDUCATION (PE) AND SPORT CLUBS

- ▶ Usually, there are few reasons not to participate in school PE and sports clubs all together, as usually exercise can be adapted to ensure it is still safe and appropriate for your child.
- ▶ Returning to PE, clubs and sports teams should be discussed with your child's medical team, physiotherapist and/or exercise professionals.
- ▶ In case of physical limitations, e.g. through surgery or due to certain treatments, we recommend an open conversation with the PE teacher or coach about any additional considerations or adaptations that are needed for your child
- ▶ Motivate and support your child if they can't initially keep up with their peers and fellow team members.
- ▶ Your child might want to try a new sport that they have not played before. Explore other activities can be another great way to return to physical activity and exercise.

# Let's Move


Exercise and sport for children and teenagers with and after cancer

The heightened risk of falling should be considered in the choice of exercises. Children whose balance has been affected during treatment can benefit from a coordination and balance programme.

## **Bone metastases:**

Bone metastases can cause pain and an increased risk of bone fractures. Clarify with the responsible medical staff whether, when and how affected body parts can be integrated in exercises. While exercises in addition to everyday activities can influence the metastases-related symptoms positively, they should be pursued under professional guidance.

**Peripheral neuropathy is a type of nerve damage that can happen as a side effect of cancer treatment, especially chemotherapy. It usually affects the feet, and can sometimes also affect the hands. When these nerves are affected, you might experience tingling or „pins and needles“ in your hands or feet, numbness, muscle weakness and/or balance problems.**



Before starting any new sports or exercises, check in with your child's physiotherapist or exercise specialist. Depending on the treatment they're receiving and how they're feeling, some activities may need to be adapted to keep them safe and enjoyable.





# Let's Move

EXERCISE CATALOGUE  
FOR SMALL AND BIG  
ATHLETES



# EXERCISE CATALOGUE

This exercise catalogue is designed to help you to increase physical activity (PA) levels during and after treatment. You can do these exercises almost everywhere (your room, staircase, corridor, gym, garden etc.).

This exercise catalogue is divided in several chapters. At the beginning, you will find playful exercises which are well suited for younger children. Then there are exercises covering each important aspect of a workout which are suitable for older children, teenagers and young adults. The colours will help you choose your exercise: endurance=**blue**, strength=**green**, coordination/gait=**orange**, stretching=**grey**. Try to choose exercises from each colour category to add variation to the workout.

## Tips for performing a workout

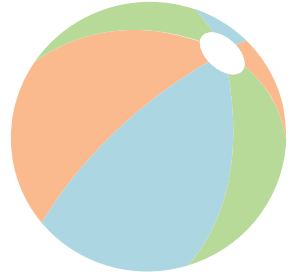
- ▶ Create space: relocate tables, chairs and your bed (upon consultation with the nursing staff)
- ▶ Adapt the exercises to your general condition: standing, sitting or lying
- ▶ Respect the wards hygienic requirements
  - Gloves, gown, mats, towels to avoid floor contact
  - Disinfect equipment and everyday objects

Adapt games (e.g. bowling becomes football-bowling or balloon badminton) or invent new games

- ▶ Little tasks and games with a reward system will motivate additionally (e.g. colouring pictures, stickers)



## PLAYFUL EXERCISES

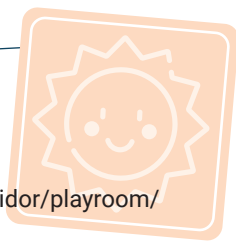


### Movement memory:

This game is very similar to the memory game "I packed my bag".

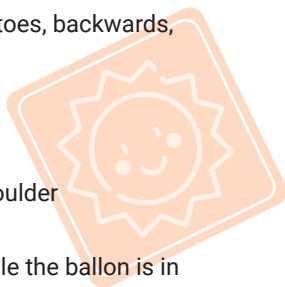
Parents/ Friends	Child
1. Throw the ball in the air and catch it	
	1. Throw the ball in the air and catch it 2. Pass the ball under one leg
3. Throw the ball in the air and catch it 4. Pass the ball under one leg 5. Circle the ball around your body	
	1. Throw the ball in the air and catch it 2. Pass the ball under one leg 3. Circle the ball around your body 4. Balancing on one knee, lift your knee and press the ball against it
And so on...	

# EXERCISE CATALOGUE



## Walking memory:

- ▶ Distribute several memory cards around the room/corridor/playroom/bedroom/garden and choose a starting point
- ▶ Your child can turn around two memory cards of their choice
- ▶ If your child finds a pair, they may pick the pair up and complete a task (e.g. stand 10 times from a chair)
- ▶ If your child doesn't find a pair, they must return to the starting point
- ▶ Variations:
  - Change the number of cards according to the child's fitness level
  - Distribute a sequence of numbers or the alphabet
  - Vary speed (e.g. walk/jog) or gait (e.g. walking on toes, backwards, side steps)



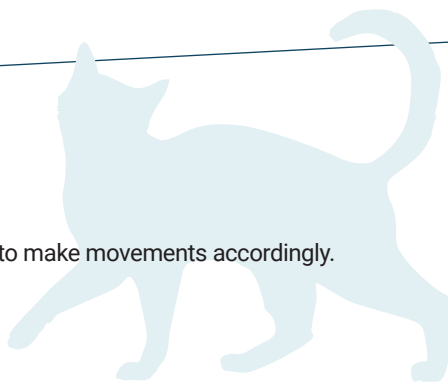
## Balloon games:

- ▶ Keep a balloon in the air with your head, foot, arm, shoulder
- ▶ Throw a balloon in the air and catch it
  - Add tasks/movements like clapping, stomping while the balloon is in the air
- ▶ Hit a balloon back and forth with friend/parent
  - Add several balloons, badminton racket etc.
- ▶ Balloon dance: place a balloon between two people (e.g. tummy, back, head) and walk or dance with it
- ▶ Perform smaller movements with the balloon:
  - Raise above your head
  - Circle it around your body
  - Hold the balloon in front of your tummy and touch it with your knees
  - Hold the balloon behind your back and touch it with your heels
  - And many more...

## Movement stories:

Read the following story and try to make movements accordingly.

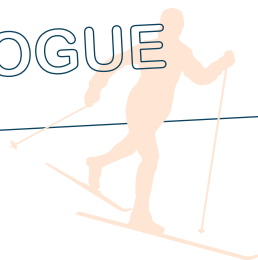
### The cat



Story	Bewegungsaufgabe
"The cat is sleeping."	Lie on a mat or bed, sleep and snore
"The cat is slowly waking up."	Open your eyes, stretch, stand on all fours
"The cat is searching for a mouse."	Search around looking from side to side
"The cat is arching his back. Then, he's hiding."	Arch your back and then curl your body into a ball
"The cat is thirsty and is having some milk."	Get on all fours and pretend to drink
"Now, the cat is stretching his paws."	Stretch out your arms and legs
"Suddenly, he's hearing a noise."	Squat on all fours and perk up your ears
"The cat is sneaking out of the house."	Crawl around the room on all fours

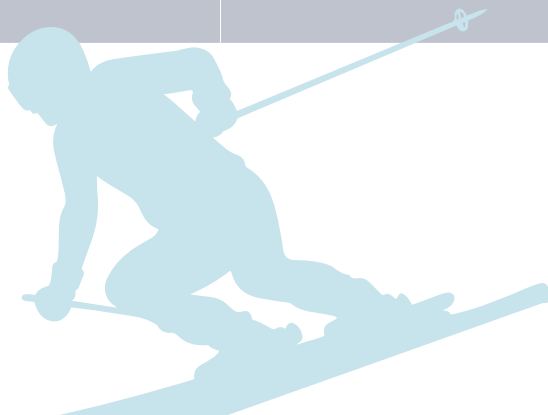


# EXERCISE CATALOGUE



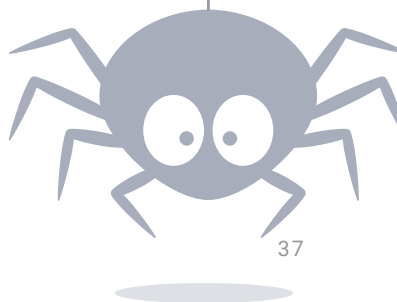
## Movement story: The skier

Story	Instructions
"Imagine you're putting on your skis."	Buckle up your skis
"Now take a good starting position so you can speed up right away."	Stand with legs shoulder width apart and get your ski's ready
"You need to get down this mountain, so get into schuss position."	Squat down pretending to ski
"Now you need to avoid the moguls. You need to ski from side to side"	Shift your weight from one leg to the other
"Watch out! There's a hump. You need to jump over."	Quickly stretch out legs or jump
"Now you need to speed up again. Imagine you're pushing yourself off the ground."	Get into a lower position and use your imaginary ski poles to propel yourself forward
"And right through the finish line! You've won!"	Cheer to the crowd



## Movement story: The spider walk

Story	Instructions
"Today, we will be a little spider."	Sit on the floor, with your feet flat on the floor and your hands on the floor by your side.
"At first, you are just a tiny little spider."	Slightly lift off your bottom, keeping your hands and feet on the floor
"But the spider is growing and becomes bigger and bigger."	Lift your bottom as much as possible.
"The big spider is walking around and searching for a nice cozy place to spin their cobweb."	Walk around in spider position
"When you've found a good place, you need to shoot some threads to build your web."	Lift your arms on at a time and point to where you want to make your web
"Your feet can make cobwebs, too. That way, your web will be more stable."	Lift your legs one at a time.
"When your web is ready, you can lay down and relax."	Snuggle up comfortably.



# EXERCISE CATALOGUE

## Movement story: The drummer

Story	Movement task
"Today, you're a drummer, and your legs are your drum."	Lay on your back and rest your legs on a chair.
"And here we go with the drum concert."	Lift your head and shoulders off the ground and drum on your thighs.
"Listen whether the sound changes when you drum on different places on your thighs."	Drum up and down your thighs.
"And now you drum from left to right."	Drum from left to right.
"The song is over."	Drop your head and shoulders and have a short break.
"And here we go again with a faster song."	...





## Movement story: A trip to the zoo

Story	Movement task
"Today, we will have a trip to the zoo and we will copy every animal we see."	Start walking.
"Stretch out like a giraffe."	Walk on toe tips.
"Can you stomp like an elephant?"	Stomp while walking
"Look, the storks have long legs and make wide steps."	Walk with big steps
"The mice, are scuttling, because they have such short legs."	Make tiny little steps.
"The jolly monkeys swing around, their arms in the air."	Swing your arms while walking
"Cheetahs are super-fast."	Move as fast as you can
"Sloths are very, very slow."	Move as slowly as you can
"And at the end, we will walk over a small bridge. Beneath us, there are crocodiles, so watch out and don't fall!"	Walk like you are on a tightrope

# EXERCISE CATALOGUE

## ENDURANCE

- ▶ Choose an aerobic exercise that you like.
- ▶ Start with shorter burst of exercise (e.g. 10 minutes a day) and gradually increase the duration.



CYCLING



WALKING

(also, on the treadmill)



STEP



BALL GAMES



VIDEO GAMES

CARDIO



SWIMMING

(Before swimming check with your medical team)

# POWER

- ▶ Try to achieve more and more repetitions over time.
- ▶ Start with five repetitions and increase slowly.

## Squats



*Starting position*



*End position*

### Remember!

- Bend knees and hips at the same time.
- Distribute your weight along the bottom of your foot
- Knees and toe tips are in line

### This makes it easier:

- Stand up from a chair/bed
- Don't squat too deeply

### This makes it harder:

- Squat deeper
- Hold the squat at the bottom for a few seconds
- Squat on one leg

## Calf raises



*Starting position*



*End position*

### Remember!

- Move slowly

### This makes it easier:

- Hold on to the wall/bed
- Exercise on two legs

### This makes it harder:

- Stand on elevation, lower your heel deep down
- Exercise on one leg

# EXERCISE CATALOGUE

## Press ups



*Starting position*



*End position*

### Remember!

Keep your head in line with your spine. Tighten your stomach and bottom

### This makes it easier:

- Try doing a press up against a wall
- Try a press up on your knees

### This makes it harder:

- Try to do the press up slower
- Hold the lowest position for a second or two longer

## Pushups



*Starting position*



*End position*

### Remember!

Stand firmly and tighten your stomach

### This makes it easier:

- Try a band with lower resistance
- Do not extend the arms as far

### That makes it harder:

- Try a band with higher resistance

## Bridge



*Starting position*



*End position*

**This makes it easier:**

- Lift your bottom just slightly
- Lower your bottom after two repetitions

**This makes it harder:**

- Hold highest position longer
- Exercise on one leg

### Remember!

Make one straight line with your knee, hips and shoulders Tighten your bottom

## Rowing



*Starting position*



*End position*

### Remember!

Keep your elbows close to your sides

**This makes it easier:**

- Try a band with lower resistance

**This makes it harder:**

- Try a band with higher resistance
- Stretch your arms further
- Hold the end position for a second or two

# EXERCISE CATALOGUE

## Sit ups



*Starting position*



*End position*

**This makes it easier:**

- Lift your upper body only slightly

**This makes it harder:**

- Add weight
- Try putting your hands behind your ears

**Remember!**

Keep your core engaged!

## Plank



*Starting position*



*End position*

**Remember!**

Tighten your whole body.  
Make a straight line with  
your body.  
Tighten your abs

**This makes it easier:**

- Hold just the starting position
- Hold the end position only for a second or two

**This makes it harder:**

- Hold the position for longer
- Lift your legs one at a time and try to keep it off the floor for a second
- Walk small steps on the spot



## Lateral plank



*Starting position*



*End position*

### That makes it easier:

- Only lift your body a little
- Bend your knees and lift your body

### This makes it harder:

- Stretch your upper arm in the air
- Lift your upper leg
- Lower your hips only for a seconds before lifting them up again.

### Remember!

Hold the position as long as possible  
Place your hands next to your body

### Remember!

Hold the position as long as possible

## Wall sit



### That makes it easier:

- Only bend your knees a little
- Hold the position for less time

### That makes it harder:

- Hold the position for longer
- Hold a ball or weight while doing the exercise.

# EXERCISE CATALOGUE

## COORDINATION / BALANCE

- Integrate these exercises into your daily life.
- Use lines and markings on the floor.

Target throwing



Obstacle course



Dancing



Foot strengthening



Juggling



Copying movements



Ball games





Heel to toe



Stamping



Walking on heels



Walking on toes



to walk with legs apart



Outer edge

Inner edge



Small steps



Big steps



Wide arm swing



Sidewalk



Walking backwards



Fast walking

Slow walking



Duck walk

to walk very upright



Walking on a mat



Standing on a mat

# EXERCISE CATALOGUE

## STRETCHING

- ▶ Try to hold each position for at least 20 seconds.
- ▶ Always stretch both sides of the body
- ▶ Some exercises are possible in different positions (standing, lying, sitting).

### Thighs



- Exercise is possible lying on your front
- Try to do it without using the wall to help you balance

### Hamstrings



- Also possible while standing: place one leg on a raised surface and lean the upper body forward.

### Calves



- Try it without holding on to the wall as well.

## Spine rotation



- Turn your hip and knee to one side and look in the opposite direction

## Inner thighs



- Lying: bring your heels towards your body and push your knees towards the floor

## Chest



- With one or both arms
- Press arm against the wall

## Shoulder



- Sitting or standing

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