

# Tips to keep moving together

For teens ages 12 and older

During your treatment for acute lymphoblastic leukemia (ALL), you may find it harder to walk or move around. That's exactly when it's important to keep moving. Because physical activity helps keep your muscles strong or rebuild strength. The following tips can help you to stay active.



Moving together is more fun. Ask your friends or parent to join in.

## 1 You have trouble sitting and can't stand or walk.



Try to dress and undress by yourself as much as possible.



Move from lying down to sitting up regularly, or sit for a while together with someone on the edge of your bed.



Sit with support on your bed or the couch to read a book, play a game, do crafts, or play video games.



## 2 You can sit independently, but can't stand or walk.



Play seated basketball or soccer, you can also use a balloon.



Eat at the table and make your own sandwich or serve your own food. Play games at the table too.



Do exercises while sitting. For example, lift your legs and stretch them.



## 3 You can take a few steps (with support).



Walk short distances around the house. For example, from the couch to the kitchen or around the table. This can also be done while walking behind a wheelchair.



Stand up and sit down again from a chair, and repeat this a few times.



Make a tasty snack in the kitchen, either standing or sitting at the counter.



## 4 You can walk independently but have trouble with stairs, longer distances, or getting up from the floor.



Practice stepping up and down, for example, on a curb or the stairs.



Work out together at home. Look online for a '7-minute workout'. Do you like dancing? Then search for 'Just Dance'.



Go for a walk outside with friends and gradually increase the distance. Or kick a ball around.

Every movement counts, no matter how small. Help your child keep moving in a fun and manageable way. Do you have questions, or would you like a physiotherapist to think along with you? Contact your nurse practitioner or physician at the Princess Máxima Center.