

EXERCISE BOOKLET

Study: Effects of physical exercise on the physical fitness and quality of life of children and adolescents with leukemia.



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This booklet was compiled as part of the doctoral study entitled: Effects of Physical Exercise on the Physical Fitness and Quality of Life of Children and Adolescents with Leukemia: a randomized controlled trial.

TEAM MEMBERS:

RESPONSIBLE FOR THE STUDY:

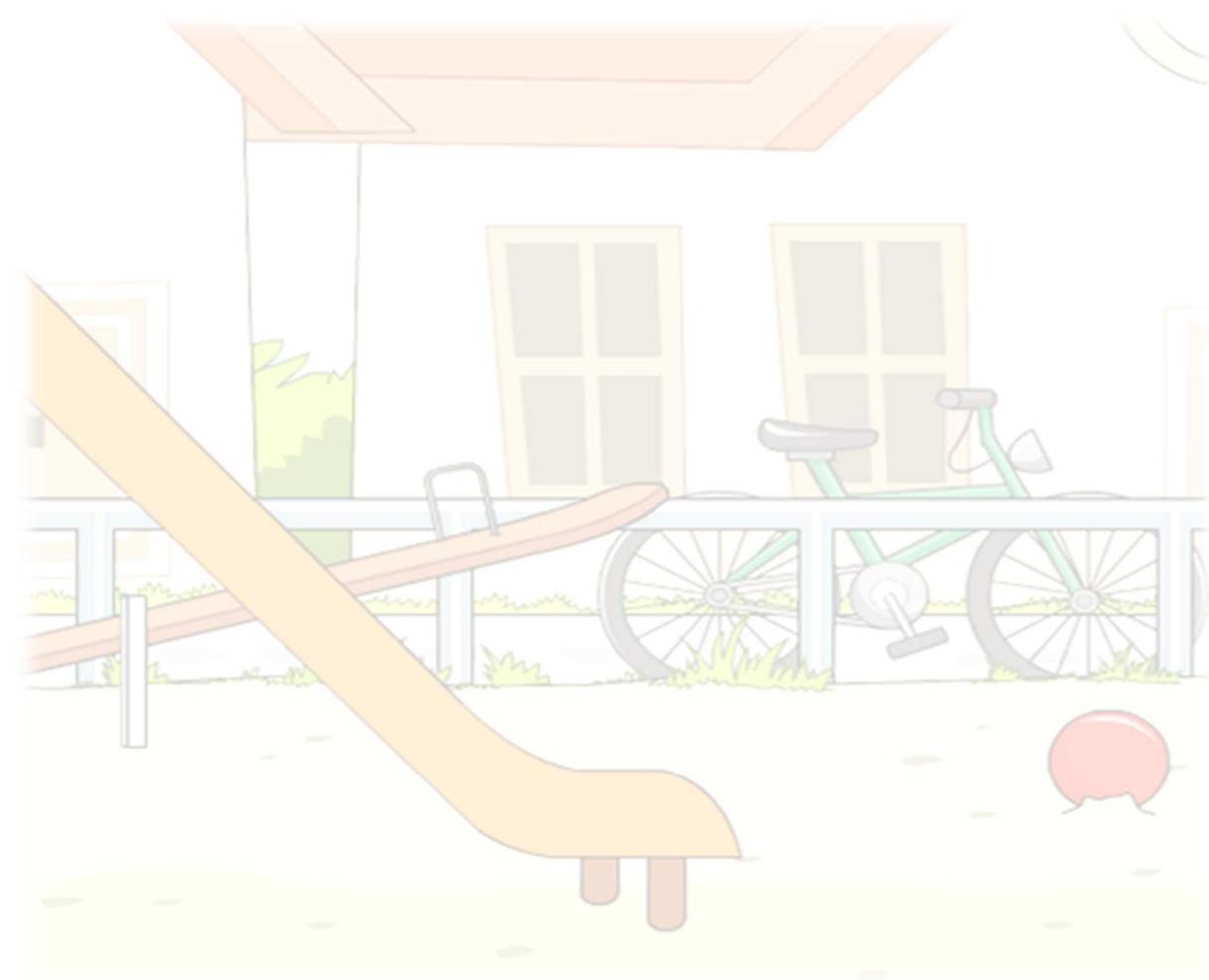
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GUIDELINES

DON'T EXERCISE IF:

You feel like throwing up

You have a fever

You have diarrhea

You have purple spots on your body

You have a headache

Your body aches

You're pale

You feel dizzy

You're bleeding

You have a cold or flu

You have an illness that makes you feel unwell

WHEN EXERCISING:

DON'T HOLD YOUR BREATH.

HAVE FUN! AND TRY TO DO THE EXERCISES AT LEAST THREE TIMES A WEEK.

WEAR COMFORTABLE CLOTHES AND DON'T EXERCISE ON AN EMPTY STOMACH OR JUST AFTER YOU'VE EATEN.

STOP EXERCISING IF YOU FEEL TIRED. THIS IS NORMAL IN THE FIRST FEW WEEKS, SO FEEL FREE TO TAKE A BREAK AND START AGAIN WHEN YOU'VE RESTED. OVER TIME, YOU WON'T FEEL THE NEED TO REST ANYMORE.

CHOOSE A CONVENIENT TIME AND A WELL-VENTILATED ROOM.

FEEL FREE TO EXERCISE WITH FRIENDS OR YOUR FAMILY IF YOU WANT TO.

IMPORTANT: DON'T FORGET TO DRINK PLENTY OF WATER, IT'S IMPORTANT TO STAY HYDRATED.

LET'S WARM UP: (5 to 10 minutes)

Stretching exercises: copy the positions in the pictures and hold them for 20 seconds, counting slowly.

You'll feel a little discomfort as your muscles stretch.

If you can't reach as far as the picture, stretch as far as you can. With practice, you'll eventually be able to touch your toes.

Always breathe normally. Don't hold your breath.

1



Sitting with your back straight and your legs straight out in front of you, stretch forward as far as you can and count to 20 slowly.

2



Sit with the soles of your feet touching each other (butterfly pose). Hold your feet and lean forward as far as possible. Count to 20 slowly.

3



Sitting with one leg bent in front of you and the other out to the side, lean forward over your outstretched leg as far as possible and count to 20 slowly. **Repeat with the other leg.**

4



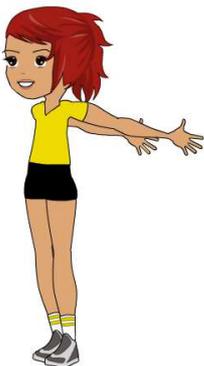
Standing on your left leg with one arm resting on the back of a chair or against the wall, grab your right foot with your right hand and pull it upwards, making sure to keep your back straight. Count to 20 slowly and then **repeat with the other leg.**

5



Stand with your back straight and lean forward, trying to touch your feet. Stretch as far as you can and count to 20 slowly.

6



Stand with your arms stretched out straight behind you and count to 20 slowly.

7



Stand with your legs apart, keeping one straight and the other bent. Keeping your back straight, lean to the side over your bent leg with the opposite arm stretched out and the other on your hips. Stretch as far as you can and count to 20 slowly. Repeat on both sides.

8



Stand with your back straight, raise your arms above your head and intertwine your fingers, stretching your arms. Count to 20 slowly.

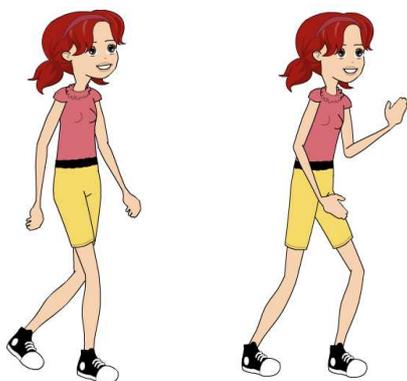
TRAINING: NOW LET'S TAKE IT UP A NOTCH!
(10 to 30 minutes)

2- For these exercises, keep your pace light to moderate, following the perceived exertion scale (2 mild to 3 moderate), with a lighter pace in the first few weeks and a more moderate intensity after that. Stop exercising if you feel too tired or uncomfortable and don't worry if you need to stop and start several times.

If you feel tired in the first few weeks, you can stop as many times as you need to.

Don't forget to breathe normally.

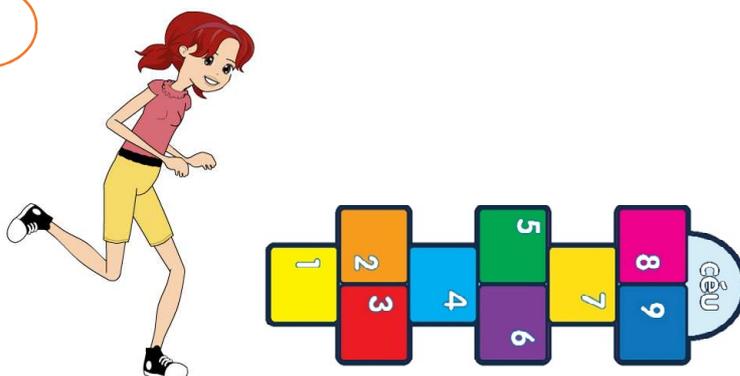
9



Choose somewhere like a passage in your house or the back yard, and walk (don't run) for 8 minutes.

After 2 months you can increase this to 10 minutes if you feel up to it.

10



Hop through a hopscotch course 3 times, there and back, resting every time you complete it.

11



Stand in a figure four pose, stretch your arms out to the side, and count to 15.

Repeat twice on each leg. Don't worry if you lose your balance, just start from where you left off.

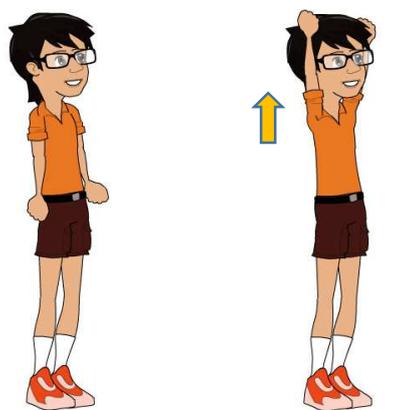
For exercises 12 to 17, you can increase the repetitions to 10 after 2 weeks, but no more than that.

12



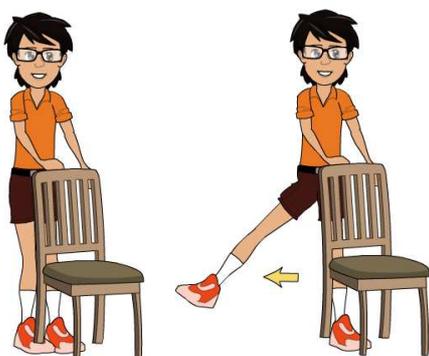
Start by sitting in a chair, then stand up and sit down again, repeating this 8 times. Rest for 1 minute and then do it again. Try not to use your hands for support, but if you need to, you can rest them on your thighs.

13



Stand with your arms at your sides, then stretch them above your head and lower them again. Repeat this 8 times, rest for 1 minute and repeat 1 more time.

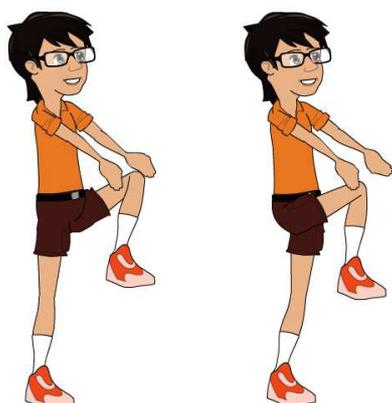
14



Standing with your hands resting on the back of a chair, lift one of your legs out to the side and lower it again 8 times. Repeat the same movement with the other leg.

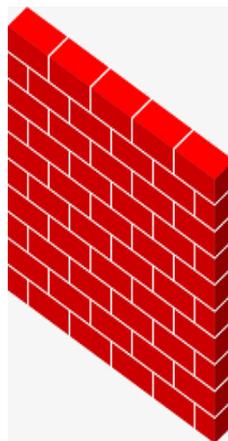
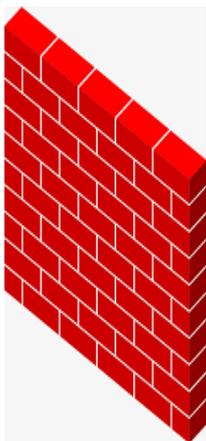
Rest for 1 minute and repeat 1 more time.

15



Stand with your arms stretched in front of you and lift your legs up one at a time like you're marching, hitting your knees against the palms of your hand. Repeat this 8 times, rest for 1 minute and do it 1 more time.

16



Holding a ball behind your head, throw it forwards against a wall 8 times. Rest for 1 minute and repeat 1 more time.

17



Lie on a towel or sheet with your knees bent and your arms and feet flat on the floor. Raise your hips off the floor until your hips, thigh and back are in a straight line, then return to the starting position, 8 times. Rest for 1 minute and repeat 1 more time.

RELAXATION:

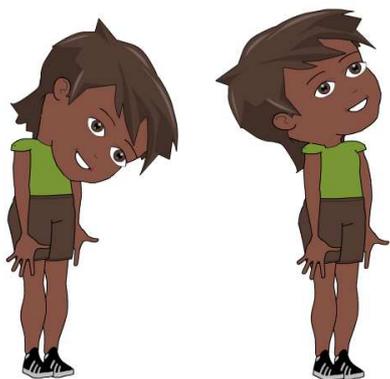
3- These exercises will help you cool down and relax.

18



Stand with your arms at your sides, then stretch them out to the side as you raise them above your head, breathing in through your nose as you go. Then slowly breathe out through your mouth and lower them again. Repeat this 8 times, resting for a few seconds between repetitions.

19



Stand with your back straight and lower your chin towards your chest, counting slowly to 20. Then go back the other way, pointing your chin upwards.

Breathe slowly (in through your nose and out through your mouth).

20



Sit with the soles of your feet touching each other (butterfly pose). Hold this position and count to 20 slowly.



Congratulations!!!



You've started exercising.

Now let's keep it up...