



Cancer is the first leading cause of death from non-communicable diseases in children in Europe. Patients' morbidity increases during cancer treatment due to physical inactivity, cancer-related fatigue, and reduced health-related quality of life. Specifically, adapted exercise training achieved remarkable effects

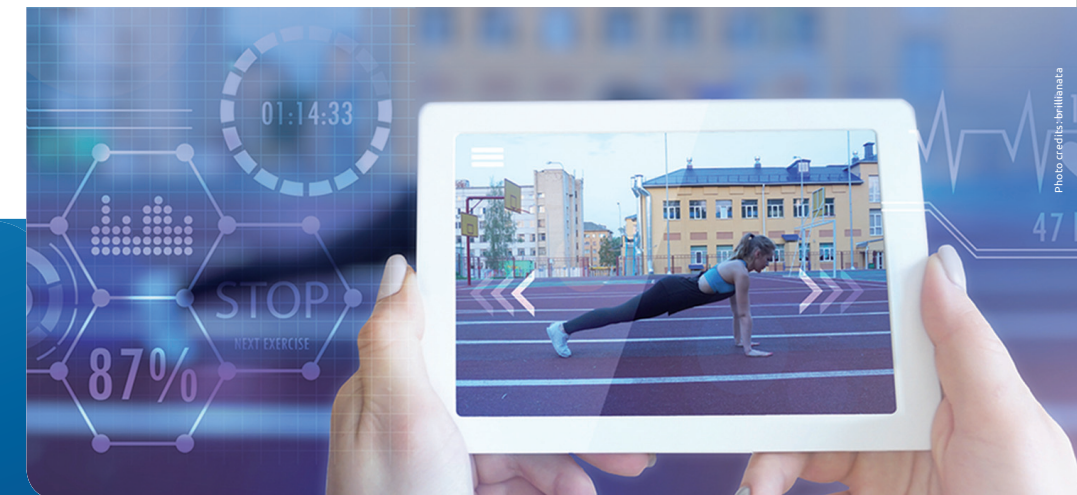
on successful cancer treatment in adults with cancer. A similar effect has not been clearly demonstrated in children and adolescents yet. This is where FORTEe steps in to promote exercise therapy, which aims to make young patients stronger for fighting childhood cancer.

## OUR GOALS

- Conduct world's largest, randomised and controlled FORTEe clinical trial
- Evaluate the personalised and standardised exercise interventions
- Create high evidence for an innovative, patient-centred exercise treatment
- Use digital, innovative technologies to create effective, age-adapted and personalised exercise trainings
- Pool and connect the leading expertise on a European level
- Promote exercise oncology and stimulate translational research
- Implement paediatric exercise oncology as an evidence-based standard in clinical care for all childhood cancer patients across the EU and beyond



**Improve Quality of Life of children with cancer through exercise and innovative therapy**



During cancer treatment, a vicious circle of increasing physical inactivity is often observed. The cause: Treatment-disease related and psychosocial factors. In adult cancer patients, specific exercise training has revealed positive effects on cancer-related fatigue, health-related quality of life, pain or complication rate during anti-cancer treatment.

But what about childhood cancer patients? Until now, precision exercise training has not yet been part of standard care in paediatric oncology and does therefore not reach most young patients.

The overall goal of the FORTEe project is to create high evidence for the use of precision exercise interventions in paediatric oncology in order to generate meaningful advances in clinical care for children and adolescents with cancer. Hence, the FORTEe partners will conduct a clinical trial in childhood cancer patients from 4 to 21 years of age during anti-cancer treatment. This aims to enable future access to adapted exercise training to children with cancer all over the EU.

## OUR VISION

## PATIENT INFO