

## PRESS RELEASE

8th May 2025

### Publication of the FORTEe Precision-Based Exercise Training Protocols in Pediatric Oncology – The booklet will be launched at SIOP Europe 2025

The inaugural edition of the FORTEe booklet provides pediatric oncology professionals with exercise protocols and practical guidance for implementing interventions in complex clinical settings for children with cancer - developed as part of a major EU-funded research initiative.

The **FORTEe** study investigates whether exercise as a therapy can help reduce cancer-related fatigue and improve health-related quality of life in children, adolescents and young adults with cancer. For this, the effects on young patients aged 4 to 21 years are being investigated as part of a European clinical intervention study, led and coordinated by a team from the University Medical Center Mainz (Germany).

The FORTEe project is proud to announce the release of its exercise booklet, which was developed under the coordination of Fondazione Monza e Brianza per il bambino e la sua mamma - Centro Maria Letizia Verga (Italy), lead of the project's Work Package 3 (Clinical Trial), in collaboration with the entire FORTEe consortium: **“Precision-Based Exercise Training Protocols in Children with Cancer – Pediatric Oncology”**. The resources will be launched at the **SIOP Europe 2025 Congress**, taking place from **12 - 16 May 2025 in Budapest, Hungary**. The booklet serves as a practical, research-informed guide for healthcare professionals working in pediatric oncology and will be available in English. Reflecting the latest evidence and insights gathered through the EU-funded FORTEe project, the exercise booklet provides recommendations on how to support precision-based exercise training for young patients undergoing or recovering from cancer treatment. It outlines different levels of complexity for a large number of exercises, allowing healthcare professionals to tailor activities to the individual needs of each patient, including the most frail. In doing so, the protocols effectively address the unique challenges faced by this vulnerable group and have already been used by the FORTEe consortium within the clinical trial.

“Physical activity is increasingly recognized as a key element in supportive cancer care. With these booklets, we are translating cutting-edge research into tools that can be applied in real clinical settings,” says Prof. Dr. Jörg Faber, principal coordinating investigator of the FORTEe trial and head of the Childhood Cancer Center at the University Medical Center Mainz.

Dr. Francesca Lanfranconi, sports medicine specialist, and lead contributor to the FORTEe booklets from the team in Monza adds: “The exercise booklet reflects the dedication and clinical insight of the entire team. We carefully reviewed and integrated practical experiences from across Europe to make this booklet as useful as possible for exercise professionals working with young patients. Our motto as FORTEe consortium researchers is ‘Never avoid exercise, but adapt it!’. In order to adapt exercise also during instable clinical conditions a deep consultation between pediatricians and exercise professionals has been conducted for more than two years and half!”

The booklet represents a key result of the FORTEe Horizon 2020 research project, which is dedicated to improving quality of life, physical function, and long-term outcomes in children and adolescents with cancer through personalized, exercise-based interventions.

Starting off, the **booklet will be disseminated exclusively and free of charge** at the **6th Annual Meeting of the European Society for Paediatric Oncology (SIOP Europe 2025)**.



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## About FORTEe

**Get strong to fight childhood cancer** – An exercise intervention for children and adolescents undergoing anti-cancer treatment

FORTEe is an international research project that brings together 16 institutions from eight European countries. It is one of the world's largest studies in paediatric exercise oncology, receiving funding from the European Union's Horizon 2020 Research and Innovation Grant. The project aims to investigate the effects of a personalised, standardized and age-appropriate exercise intervention on cancer treatment in children and adolescents.

These are the FORTEe partners:

- University Medical Center Mainz (DE)
- Centre de Lutte Contre le Cancer Léon Bérard (FR)
- concentris research management gmbH (DE)
- Fondazione IRCCS Istituto Nazionale dei Tumori (IT)
- Fondazione Monza e Brianza per Il Bambino e La Sua Mamma (IT)
- Forma 3D Ltd. (SI)
- Fundatia Youth Cancer Europe (RO)
- German Sport University Cologne (DE)
- Nurogames GmbH (DE)
- Oxford Brookes University (UK)
- Pixformance Sports GmbH (DE)
- Region Hovedstaden (DK)
- University Medical Center Essen (DE)
- University Medical Center Heidelberg (DE)
- Universidad Europea de Madrid SAU (ES)
- Univerzitetni Klinični Center Ljubljana (SI)

For more information, visit: <https://www.fortee-project.eu/>

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This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 945153.