

1 OUR GOAL

To provide **clear, practical, and safe recommendations** for implementing exercise programs for children and adolescents with cancer across Europe.



2 HOW WE DID IT



We gathered knowledge during the **FORTEe project**.



Experts across multiple countries and hospitals **shared their experience**.



Their experience was turned into a **clear, adaptable guidance** for everyday cancer care.

3 WHO WAS INVOLVED

Physicians, nurses, ethicists, **exercise professionals**, **patient representatives** and researchers



4 WHAT WE RECOMMEND - KEY PRINCIPLES FOR EXERCISE PROGRAMMES

Make exercise part of childhood cancer care using a **multidisciplinary team** and adapt it to each child's health, treatment, and abilities.



Start with the **resources you have** and then gradually build up staff, space, and equipment. **Monitor, collect data, and improve** the programme.



Put safety first - Do medical checks, communicate closely across the care team, tailor exercises wisely, and closely monitor the child's health.



Make exercise **personal, fun, and involve the family**, combining strength, endurance, balance, flexibility, and playful activities according to each child's needs and preferences.



Use **flexible and digital solutions** to provide exercise in the hospital, at home, or even during isolation. This will integrate exercise as a sustainable part of routine care.



5 WHY IT MATTERS



Different starting points
Health care centres across Europe have different resources and infrastructure



FORTEe guidance
Practical recommendations for step-wise implementation of exercise programmes



FORTEe provides **practical guidance** for implementing exercise programmes as part of routine care for children with cancer.

Greater access

More children with cancer can receive sustainable and safe exercise support

