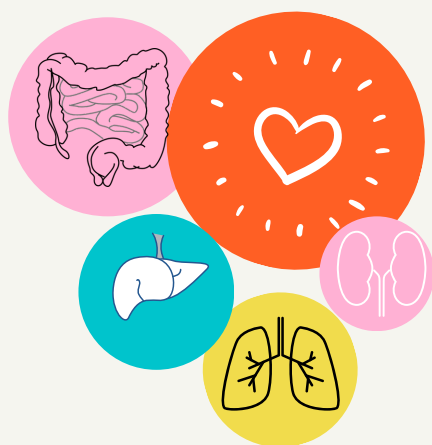


GUIDE TO MOVEMENT POST-TRANSPLANT



IS EXERCISE SAFE FOR ME IF I HAVE A TRANSPLANT?

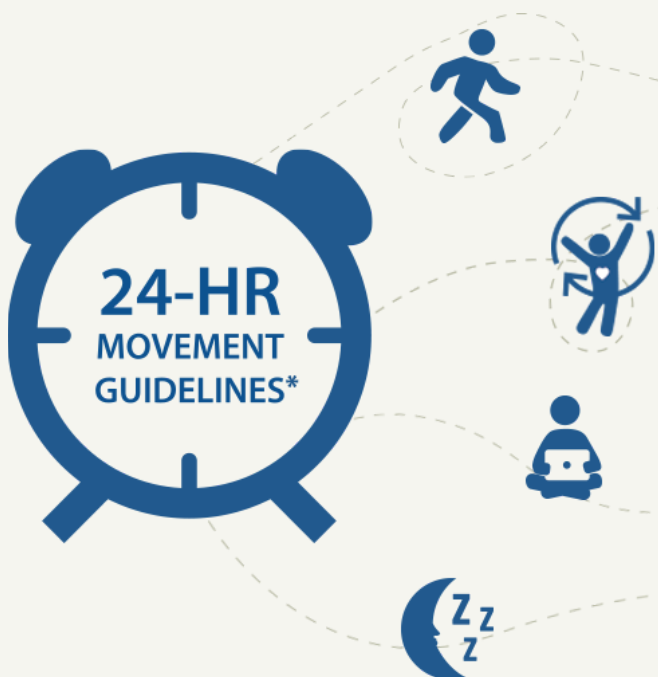
YES! Returning to activity after your transplant is important for both your physical and mental wellbeing.

Exercise is safe for you to do once you have had clearance from your physician to do so.

Exercise can improve:

- movement skills
- strength
- academic performance
- confidence
- brain health
- heart and lung health
- risk of diabetes

Exercise is **VITAL** post-transplant.



EACH DAY SHOULD INCLUDE THE 4 S's:

STEP

Light activity such as playing on the playground or walking should make up 2-3 hours of your day.

SWEAT

At least 60 minutes/day, can be in 10-15 minute blocks. These activities should increase your heart rate and breathing. Swimming and biking are great options.

SIT

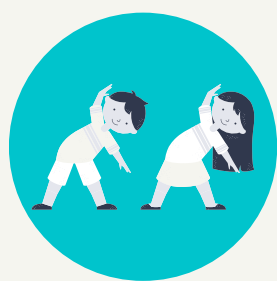
Each day spend less than 2 hours sitting around watching tv or other screens.

SLEEP

Children need 9-11 hours of sleep each night.

PHYSICAL LITERACY

The skills needed to help children/youth stay active throughout their lives.



PHYSICAL COMPETENCE

The physical ability to do a movement.



ENGAGEMENT IN PHYSICAL ACTIVITY

Prioritize and participate in physical activity.



MOTIVATION AND CONFIDENCE

The attitude towards physical activity.



KNOWLEDGE AND UNDERSTANDING

Understand how, when, and why we need to move.

For more information visit: <https://physicalliteracy.ca/>

Completing **60 minutes** of physical activity each day can look different and should incorporate various types of activity such as muscle strengthening, bone strengthening, and aerobic activity.

AEROBIC ACTIVITY

- Running
- Biking
- Swimming
- Soccer
- Basketball



MUSCLE STRENGTHENING

- Climbing
- Push-ups
- Lunges
- Squats



BONE STRENGTHENING

- Hopping
- Skipping
- Jumping
- Sports



*<https://csepguidelines.ca/guidelines/children-youth/>