



An Online Physical Activity Program for Young People Affected By Cancer

WHO CAN JOIN?

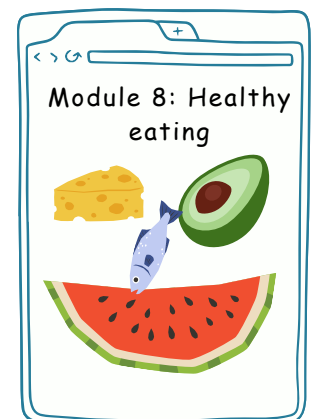
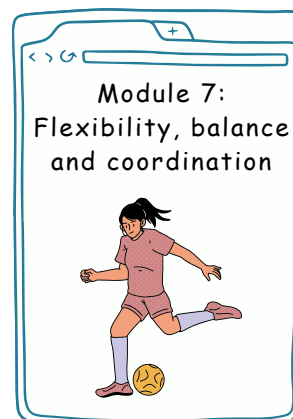
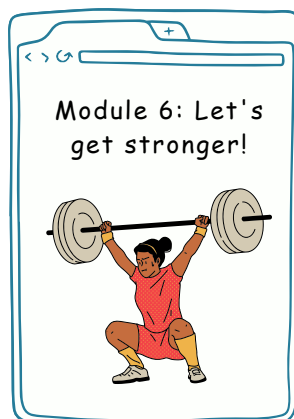
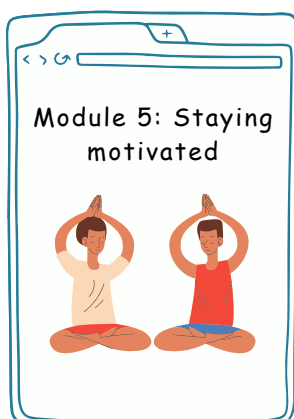
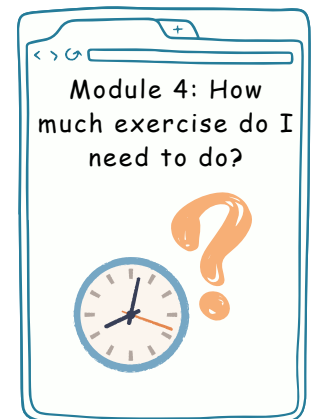
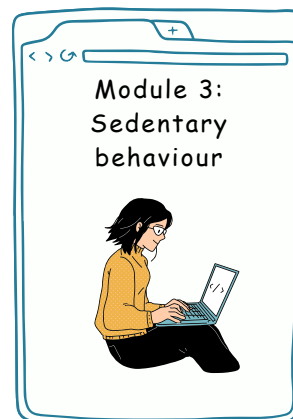
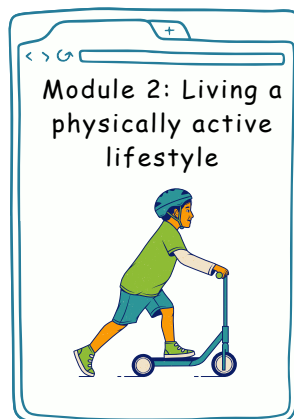
You can join this study if you:

- are currently aged 8-21 years
- were diagnosed with cancer as a child before the age of 18 years
- have completed cancer treatment at least 6 months ago or are receiving maintenance therapy
- have clearance to exercise by your GP or oncologist

WHAT IS MAKING MOVES?

Making Moves is an online **8-week program** with educational modules about physical activity and healthy habits, guided exercise videos, and up to 5 consults with an Accredited Exercise Physiologist.

About the modules

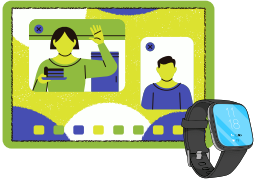


WHAT IS INVOLVED IN THE STUDY?



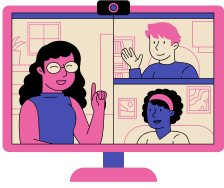
Before Making Moves: Week 0

- 1st telehealth consult with an Exercise Physiologist
- Exercise testing (2x short tests)
- Complete a survey
- Wear a research activity tracker for 5 days



During Making Moves: Weeks 1-8

- Use the Making Moves Website
- Learn about healthy habits
- Follow fun exercise videos at home
- 2nd telehealth consult with an Exercise Physiologist (optional)
- Wear (and keep!) your FREE Fitbit activity tracker



After Making Moves: Week 9

- 3rd telehealth consult with an Exercise Physiologist
- Short interview to provide feedback about the program
- Exercise testing (2x short tests)
- Complete a survey
- Wear a research activity tracker for 5 days



3 months after Making Moves

- 4th telehealth consult with an Exercise Physiologist



6 months after Making Moves

- 5th telehealth consult with an Exercise Physiologist
- Exercise testing (2x short tests)
- Complete a survey
- Wear a research activity tracker for 5 days

FREQUENTLY ASKED QUESTIONS



Why do I have to wear two different activity trackers?

We will gift you a Fitbit activity tracker after joining this study so that you can use it to monitor your physical activity levels and motivate yourself whilst completing the Making Moves program and beyond.

For research purposes, we ask you to wear a research activity tracker for 5 days before you start the program, after you finish the program, and 6-months later. You will not need to wear both activity trackers at the same time.

What is the exercise testing for?

You will complete two short tests: a walking test and a lower body strength test. These exercise tests will test your fitness and muscle strength. They will be completed during the telehealth consults with the exercise physiologist.

Can I do the exercise videos with a friend or family member?

Yes! All exercise videos are designed for you to be able to follow along with family and friends, or by yourself!

IF YOU ARE INTERESTED IN JOINING MAKING MOVES

Scan the QR code to read the information sheet and enter your details.

Or you can contact us at makingmoves@unsw.edu.au and a team member will be in touch

