

Special thanks to the generosity of Dr. Lisa Johnson, who has graciously donated her physical therapy and fitness center, Body in Balance, for the *Play Fit-Stay Fit!* program.



### ***Play Fit-Stay Fit!***

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Initially supported by a grant from the Lance Armstrong Foundation, *Play Fit-Stay Fit!* is now supported through donations and **The BENCH 5K for *Play Fit-Stay Fit!*** To donate or find out more information about The BENCH 5K go to:

**[www.playfitstayfit.org](http://www.playfitstayfit.org)**

Made possible by



**A Comprehensive Wellness Program  
for Child Cancer Survivors or Blood  
Disorders and Their Families**



***Play Fit-Stay Fit!*** is a fun and dynamic comprehensive wellness program for child survivors of cancer or blood disorders and their families. We provide an opportunity for families whose lives have been affected by a child's disease to renew their fitness goals.

# Welcome to *Play Fit-Stay Fit!*

*Play Fit-Stay Fit!* is a comprehensive wellness program for children who have survived cancer and their families.

## What does *Play Fit-Stay Fit!* offer?

- Fun and dynamic physical fitness programs to help your child improve:

- strength
- coordination
- mobility
- balance
- endurance
- sensation



...plus...

- Psychosocial counseling
- Nutritional education



*Because families provide the fabric of healing for most children recovering from illness, our team provides group nutritional and psychological counseling - for children, their parents and siblings - to promote a healthy lifestyle.*

## Exercise Component

The *Play Fit-Stay Fit!* fitness component is geared toward alleviating the late effects of cancer.

Each child is evaluated by an experienced physical therapist and then integrated into a physical activity group with children of similar age and physical activity status. A smaller class size allows each child plenty of individualized attention.



The fitness program is structured in three progressive phases that are tailored to each child's individual needs and progress:

- General conditioning
- Strength and endurance
- Power, agility, and sport-specific skills

## Nutritional/Counseling Component

Group counseling for children:

- Healthy eating habits
- Sound nutrition
- Psychological and social issues

Group counseling for parents:

- Meet other families who share similar Experiences
- Acquire information and education to help make the best health decisions for your child
- Gain social support

## Who runs the program?

The program is designed and run by a team of experienced physical educators, physical therapists, exercise physiologists, athletic and personal trainers, social workers, nutritionists, and counselors.

## Is my child eligible?

*Play Fit-Stay Fit!* is open to children ages 4 to 18 who have recently survived cancer.

## What does it cost?

Nothing! The program is provided free of charge.

## When is it?

*Play Fit-Stay Fit!* runs every spring and fall.

## How long is it?

The program meets for 1 - 1.5 hours, twice a week, for 12 weeks.

## Where is it?

*Play Fit-Stay Fit!* takes place at:  
Body in Balance Physical Therapy  
611 Old Willets Path  
Hauppauge, New York

## To find out more or to register your child:

Call us: (631) 444-6169

Visit our Web site: [www.playfitstayfit.org](http://www.playfitstayfit.org)

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