

Frequently Asked Questions

Why is Move to Improve important?

Regular physical activity is essential for children's growth, development and functional ability. It supports physical health, mental health and overall wellbeing. For children living with ongoing health conditions, regular physical activity can improve health outcomes, reduce fatigue and depressive symptoms, and enhance self-esteem, confidence and quality of life. It also plays an important role in reducing the risk of developing additional chronic health conditions, including obesity and cardiovascular disease, later in life.

Despite the importance of regular physical activity, less than a quarter (23%) of Australian children meet current physical activity guidelines. We know that it can be especially difficult for children with ongoing health conditions to engage in regular physical activity. Barriers to physical activity can include: lack of access to appropriate service providers, low levels of confidence and self-esteem, and fear of managing their health condition in front of peers. The Move to Improve team partner with children and their families to find ways of overcoming these barriers so that they can begin to move more and enjoy the many health and social benefits that come from maintaining a more physically active lifestyle.

Delivering the program within the hospital enables close collaboration between the Move to Improve team and each child's treating healthcare team. This integrated approach provides reassurance for families, ensures exercise recommendations are appropriate for the child's medical condition, and facilitates timely communication between clinical teams.

What do we mean by physical activity?

[Physical activity](#) is any body movement that increases your breathing and heart rate. It can include incidental activity such as taking a flight of stairs or walking to the bus stop, or more structured activity such as exercise and sport. At Move to Improve, we help each child find physical activities they enjoy and that fit with their abilities, interests, and health needs.

Who delivers Move to Improve?

The program is delivered by a multidisciplinary team of expert clinicians, allied health professionals and researchers from Perth Children's Hospital (PCH). The clinical team includes: senior physiotherapists, senior exercise physiologist, allied health assistant, enrolled nurse, senior dietitian, senior clinical psychologist and doctor.





Is there a cost involved?

Participation in Move to Improve is free. However, there may be fees associated with some community activities. Parking vouchers are available to cover the cost of attending PCH for assessments and sessions.

Is Move to Improve part of a research project?

Yes. Move to Improve is at the heart of a 5-year research project that is being headed by leading child and adolescent health researchers in Western Australia. These researchers are investigating how children and adolescents with ongoing health conditions can be best supported through the Move to Improve program to adopt and maintain a physically active lifestyle.

Can my child/adolescent be a part of Move to Improve without participating in the research?

No. At this stage of the project, it is essential for all participants to complete the research assessments. If you are interested in being involved but not participating in the research, there is an opportunity to join our Move to Improve Consumer Advisory Group. The Consumer Advisory Group is made up of parents and children with lived experience who provide their valuable feedback, improving the Move to Improve program for participants and their families. The group meets 4-6 times a year and are compensated for their time. Please contact us at MovetoImprove@health.wa.gov.au to find out more.

How can my child/adolescent participate in Move to Improve?

Participation is subject to eligibility, and an internal referral is required from your child/ adolescent's primary medical team at PCH. If your child is accepted into the program, he or she will remain under the care of their primary medical team for the duration of the study.

My child/adolescent has never exercised before. Will they be able to do it?

Yes – the Move to Improve team is made up of experts who will tailor your child/adolescent's program to their ability. Movement is possible and important for everyone but we recognise that it might look different day-to-day. The Move to Improve team will work with your child to help them do what they can when they can.

