

# PHYSICAL ACTIVITY FOR CHILDREN WITH FONTAN CIRCULATION

What does current literature say about the physical activity and exercise capacity of children with Fontan circulation?



Children with Fontan circulation need active play for social, mental, and physical growth

## THE STUDY

Literature review of systematic reviews of:

Child + Fontan + exercise

Search

## THE RESULTS

Metrics currently used in research



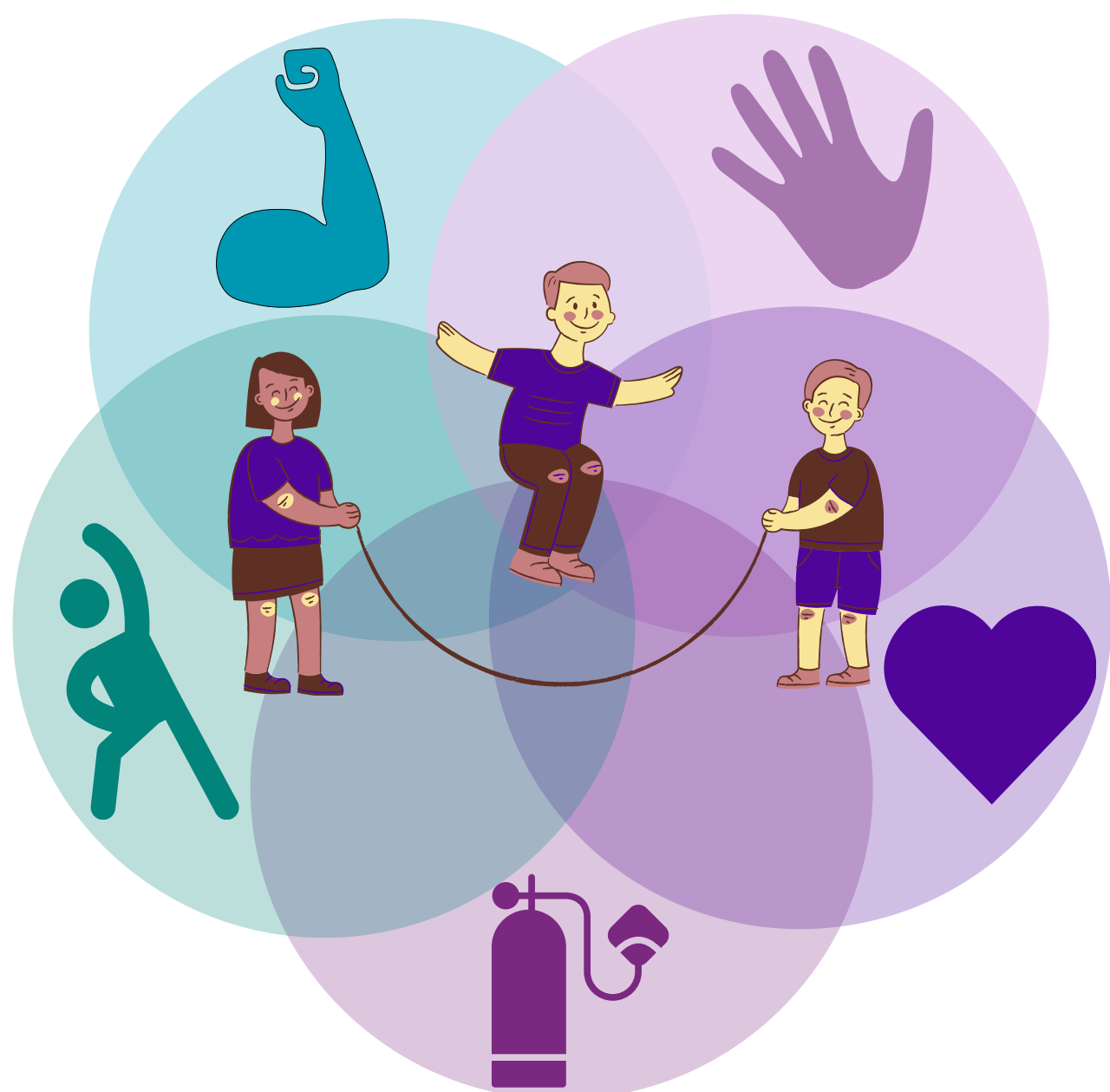
Exclusively Cardiovascular



Secondary focus



Holistic Play and Development



Researchers need to focus on ALL aspects of fitness and play to support the physical development children with Fontan circulation. More research is needed on this topic!