HOSPITAL ADMISSION HSCT

CONDITIONING REGIMEN

STEM CELL INFUSION

NEUTROPENIC PHASE

± 28 days

EARLY PHASE AFTER HSCT
Mixed exercise program (home based program and supervised exercise training).

70 days

FOLLOW UP ASSESSMENT

± 70 days

Phase 1, EX Intervention

Hospital discharge

End of phase 2

Phase 2, EX Intervention

Baseline assessment:
- Immune system recovery
- QOL
- Physical activity levels
- HRF
- Dietary intake

+30 day assessment:
- Immune system recovery
- QOL
- Physical activity levels
- HRF
- Dietary intake

+70 day assessment:
- Immune system recovery
- QOL
- Physical activity levels
- HRF
- Dietary intake

+180 day assessment:
- Immune system recovery
- QOL
- Physical activity levels

PEER program will be offer to the entire participants