

# Meet Juliana

## I wish to have a college scholarship

Juliana was on her way to becoming a USA Gymnastics Elite gymnast and at the top of her game when she was diagnosed with a brain tumor. She knew something was wrong when she started having challenges with her normally perfect vault landing and vision trouble. She was only 12 years old.

Surgery to remove the tumor left Juliana's entire left side paralyzed for nearly six weeks. After weeks of physical therapy, Juliana was able to return to gymnastics – but just as she was beginning to feel like herself again, her brain tumor returned.

After seven and a half more weeks of treatment, the tumor was finally gone, and Juliana was healthy again. Unfortunately, it was no longer safe for her to practice gymnastics anymore. "If my body gets too fatigued, my leg will give out, kind of randomly – even if just for a split second. It's kind of crucial in gymnastics to not have that happen," Juliana said.

Juliana's journey ultimately inspired her to choose a new dream in life: to become a pediatric cancer nurse and give back to the hospital that saved her life. When Juliana met with her wish granters, she shared her goal of attending college to join the medical field because of the important role that her doctors and nurses played in her own recovery. Juliana's wish for a college scholarship came true this past August when she started classes at California State University, San Marcos to begin her medical career.



*I wish to have a college scholarship*

**Juliana, 17**  
brain tumor

***“Her tumor was probably one in a billion, because I’m not sure anyone on this planet has the same tumor that she has.”***

– Juliana's doctor, Rady Children's Hospital



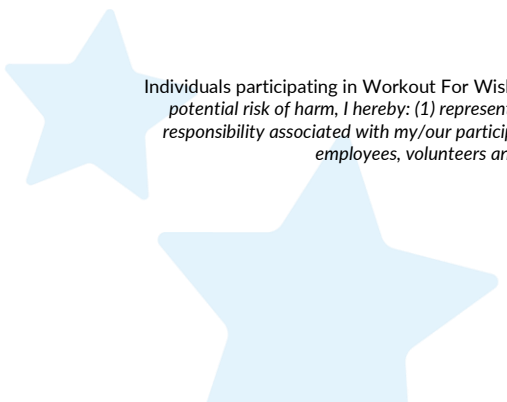
# *Juliana's Medical Journey*

Make-A-Wish challenges the student-athletes of NCAA DII workout in Juliana's honor and raise money to make even more wishes like hers come true.

Sample workout is on the next page, but you can also create your own using the stats below!

Number of surgeries:	2
Number of months in treatment:	7½ weeks (1¾ months)
Number of needle pokes:	100+
Number of days in the hospital:	50 days
Number of radiation rounds:	99
Longest surgery in hours:	7½ hours
Number of sedations:	6

To create your Workout for Wishes online fundraising page, please visit [ncaadii.wish.org](http://ncaadii.wish.org)



Individuals participating in Workout For Wishes are asked to acknowledge the following: "If I choose to participate in a fundraising activity that entails a potential risk of harm, I hereby: (1) represent that I/we are physically and emotionally fit to participate in the activity; (2) voluntarily assume all risk and responsibility associated with my/our participation; and (3) waive and release all claims I may have against Make-A-Wish (including all officers, directors, employees, volunteers and representatives of Make-A-Wish and its chapters) as a result of my/our participation."



# *Sample Workout:*

## *Juliana's Medical Journey*

Workout difficulty level: Medium

*Complete one round of all exercises and repeat to honor Juliana's double diagnosis*

*Take recoveries as needed between exercises*

*Workout time: Approximately 40 minutes*

EXERCISE	REPS
Run/jog/power walk	7.5 minutes for 7.5 hours in longest surgery
Walking Recovery	2 minutes for 2 surgeries
Jumping Jacks	100 for 100+ needle pokes
Jumping Squats	50 for 50 days in the hospital
Push up to shoulder tap (traditional push up, then tap opposite hand to opposite shoulder =1 rep)	6 for 6 sedations
Crunches	99 for 99 rounds of radiation