

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.



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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



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
Push up to shoulder tap (traditional push up, then tap opposite hand to opposite shoulder =1 rep)	6 for 6 sedations
Jumping Squats	50 for 50 days in the hospital
Crunches	99 for 99 rounds of radiation



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."