

Ready to start planning your care? Call us at [646-926-0945](tel:646-926-0945) to make an appointment.

×



Memorial Sloan Kettering
Cancer Center

[Make an Appointment](#)

Watch: Donna Wilson On Importance of Fitness for Cancer Survivors

[About Memorial Sloan Kettering Cancer Center & Treatment](#)

[About Cancer & Treatment](#)

What can we help you find today?

ABOUT US

[Our mission, vision & core values](#)

[Leadership](#)

[History](#)

[Inclusion & belonging](#)

[Annual report](#)

[Give to MSK](#)

FOR THE MEDIA

In her practice, Ms. Wilson assesses each patient's fitness level before developing a customized physical activity program. In this video, she demonstrates a variety of techniques that patients and survivors can use to improve breathing, flexibility, muscle strength, and balance.

Speaker(s)

Donna Wilson

© 2026 Memorial Sloan Kettering Cancer Center