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PATIENT & CAREGIVER EDUCATION

# Cancer Straight Talk: Making Every Step Count: The Role of Exercise and Cancer (Podcast)

In this episode, Dr. Diane Reidy-Lagunes chats about recent findings regarding the benefits of exercise, in the prevention and treatment of cancer. She speaks with Lee Jones, exercise scientist at MSK, and Charlie Sweeney, marathon runner and cancer survivor.

Go to [www.mskcc.org/pe/cancer\\_straight\\_talk\\_exercise](http://www.mskcc.org/pe/cancer_straight_talk_exercise) to listen to this podcast episode.

For more information and to ask a question, please visit [www.mskcc.org/podcast](http://www.mskcc.org/podcast).

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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