

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

X



Memorial Sloan Kettering  
Cancer Center

[Make an Appointment](#)

[Back](#)

HOSPITAL RESEARCH TEAMS

[Exercise Oncology Treatment](#)

[Learn About Cancer & Treatment](#)

ABOUT US

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

[Leadership](#)

[History](#)

[Inclusion & belonging](#)

[Annual report](#)

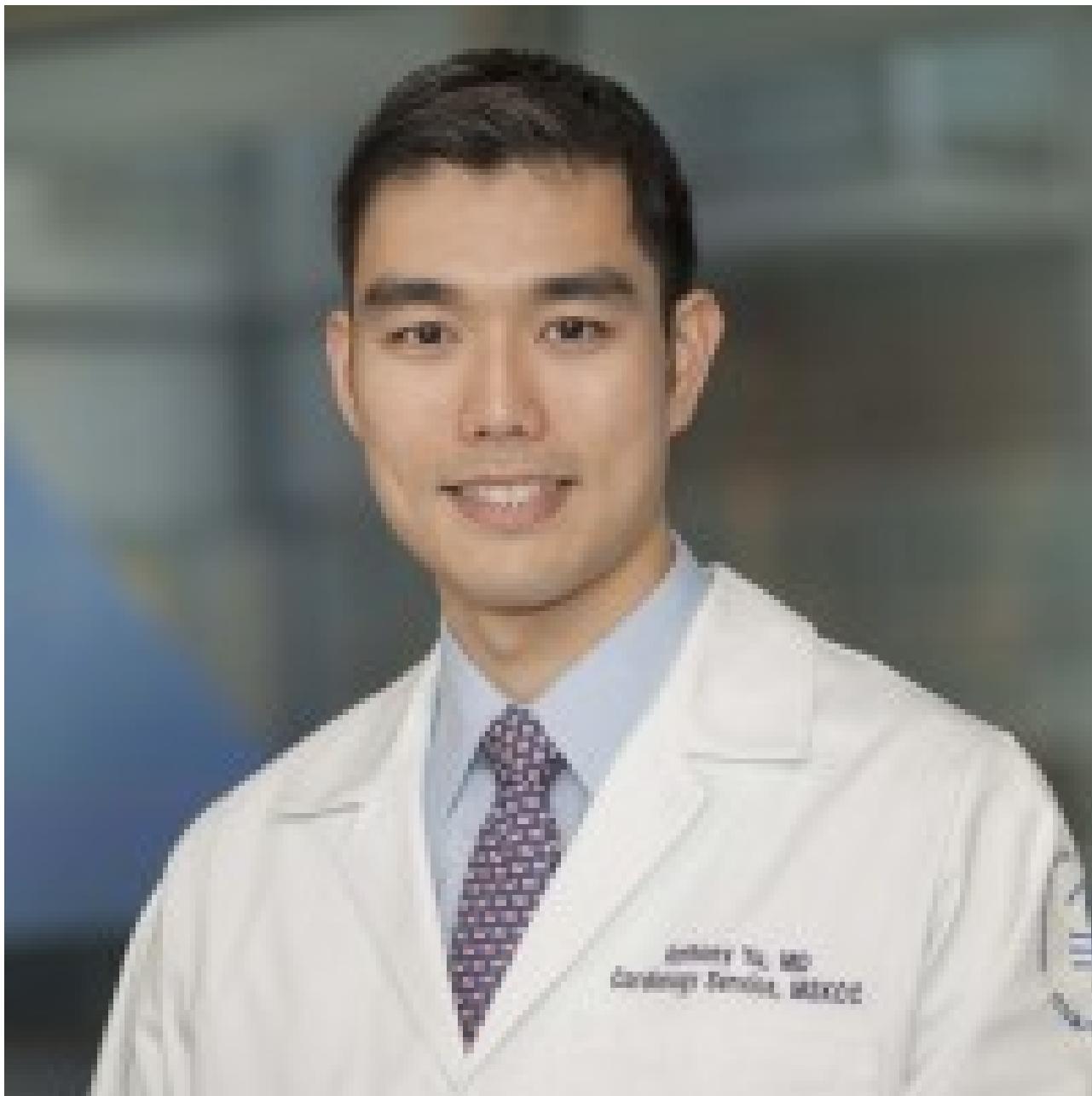
[Give to MSK](#)

[FOR THE MEDIA](#)



Jessica Scott

PhD; Director, Exercise Oncology Program and Associate Attending



Anthony Yu  
Principal Investigator

---

## Research

Our research program investigates precision lifestyle interventions across the cancer care continuum. We focus on characterizing therapy-related side effects and identifying modifiable factors that impact patient outcomes. By leveraging digital health tools and remotely-delivered supervised exercise training within clinical trials, we also focus on reducing treatment-related toxicities, improving cancer-specific outcomes, and enhancing patient-reported outcomes. Our goal is to advance the implementation of personalized risk assessment and targeted lifestyle interventions to effectively prevent and manage toxicities following a cancer diagnosis.

## Ongoing clinical trials

- [NCT07030686](https://clinicaltrials.gov/ct2/show/NCT07030686)
- [NCT05789485](https://clinicaltrials.gov/ct2/show/NCT05789485)
- [NCT05716893](https://clinicaltrials.gov/ct2/show/NCT05716893)
- [NCT04458532](https://clinicaltrials.gov/ct2/show/NCT04458532)

[View More \(<https://www.mskcc.org/research-areas/research-teams/exercise-oncology-program/overview>\)](https://www.mskcc.org/research-areas/research-teams/exercise-oncology-program/overview)



## Featured News



## Does Exercise Improve Survival After a Cancer Diagnosis? An Encouraging New Study

Learn how exercise can help many people live longer after they are diagnosed with cancer, according to a new study from MSK's Exercise-Oncology Service.

## Publications

Novo RT, Thomas SM, Khouri MG, Alenezi F, Herndon 2nd JE, Michalski M, Collins K, Nilsen T, Edvardsen E, Jones LW, Scott JM. Machine Learning-Driven Phenogrouping and Cardiorespiratory Fitness Response in Metastatic Breast Cancer. *J Clin Oncol*, 2024.  
PMID: 39270146. <https://pubmed.ncbi.nlm.nih.gov/39270146/>

---

Lavery JA, Boutros PC, Tammela T, Moskowitz CS, Jones LW. Association of exercise with pan-cancer incidence and overall survival. *Cancer Cell*, 2024. PMID: 38181796. <https://pubmed.ncbi.nlm.nih.gov/38181796/>

---

Lavery JA, Boutros PC, Tammela T, Moskowitz CS, Jones LW. A pan-cancer analysis of post-diagnosis exercise and mortality. *J Clin Oncol*, 2023. PMID: 37651670.  
<https://pubmed.ncbi.nlm.nih.gov/37651670/>

---

Scott JM, Lee J, Herndon JE, Michalski MG, Lee CP, O'Brien KA, Sasso JP, Yu AF, Rowed KA, Bromberg JF, Traina TA, Gucalp A, Sanford RA, Gajria D, Modi S, Comen EA, D'Andrea G, Blinder VS, Eves ND, Peppercorn JM, Moskowitz CS, Dang CT, Jones LW. Timing of exercise therapy in patients initiating adjuvant chemotherapy for breast cancer: A randomized trial. *Eur Heart J*, 2023. PMID: 36806405.  
<https://pubmed.ncbi.nlm.nih.gov/36806405/>

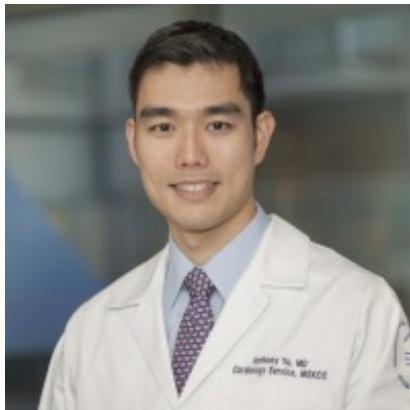
Find more work from the Exercise Oncology program [here](#)

[View All Publications](#)

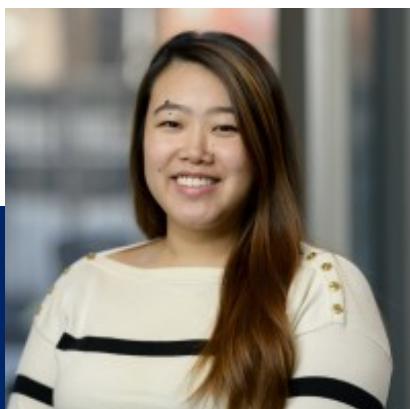
## People



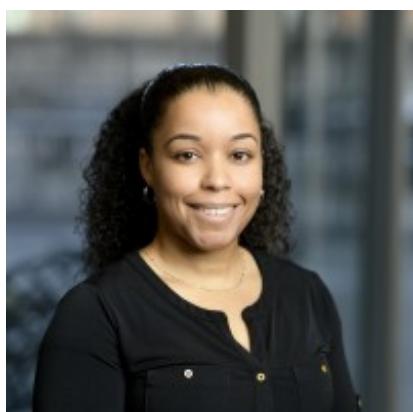
**Jessica Scott**  
PhD; Director, Exercise  
Oncology Program and  
Associate Attending



**Anthony Yu**  
Principal Investigator



**Stephanie Cao**  
Clinical Research Associate



**Vanessa Castillo**  
Exercise Physiologist



**Olivia Chan**  
Exercise Physiologist

## Members

Alumni

Affiliations

## Open Positions

To learn more about available  
postdoctoral opportunities, please  
visit our [Career Center](#)

© 2026 Memorial Sloan Kettering  
Cancer Center



Su Chun  
Clinical Research Coordinator



Kereshmeh (Keri) Collins  
Exercise Physiologist



Adwoa Darkwa-Anto  
Clinical Research Specialist  
Jenna Harrison  
Clinical Research Supervisor



Jessica Flores  
Regulatory Research Associate



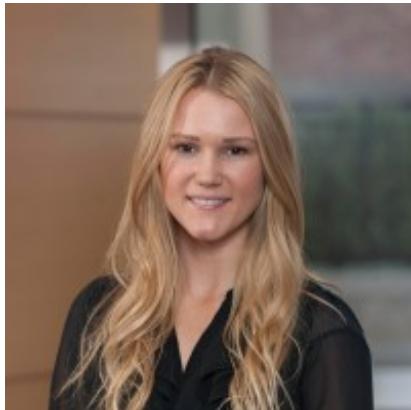
Sarah Lehman  
Lead Exercise Physiologist



**Anna Moffitt**  
Clinical Research Associate

**Shellon Punch**  
Senior Office Coordinator

**Edie Shipler**  
Exercise Physiologist



**Whitney Underwood**  
Senior Project Coordinator