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Memorial Sloan Kettering
Cancer Center

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Exercise Oncology Program

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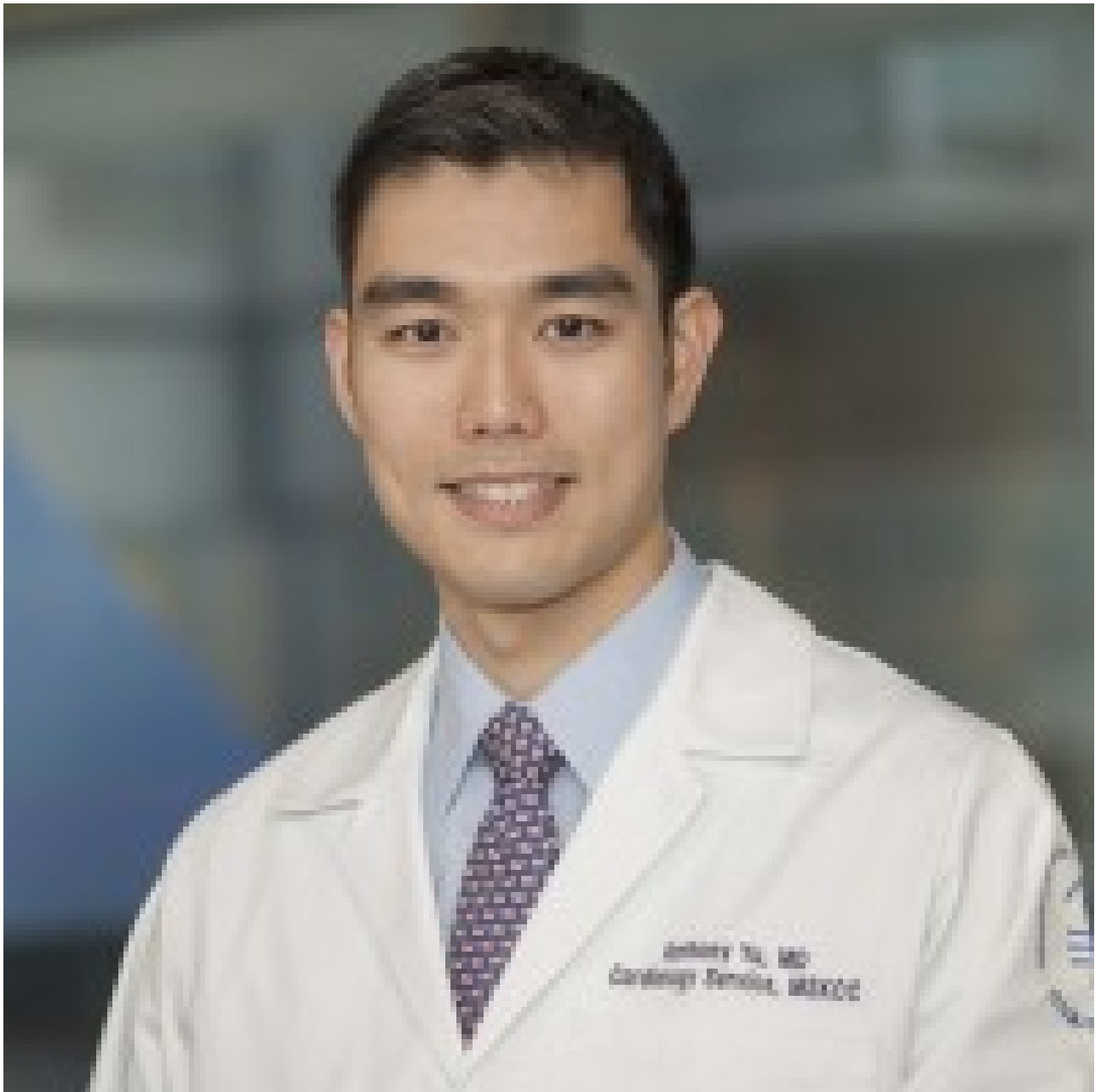
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FOR THE MEDIA



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](#)
- [NCT05789485](#)
- [NCT05716893](#)
- [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, Gucaip 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/>

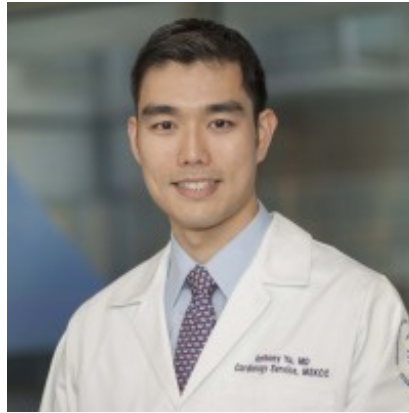
Find more work from the Exercise Oncology program [here](#)

[View All Publications](#)

People



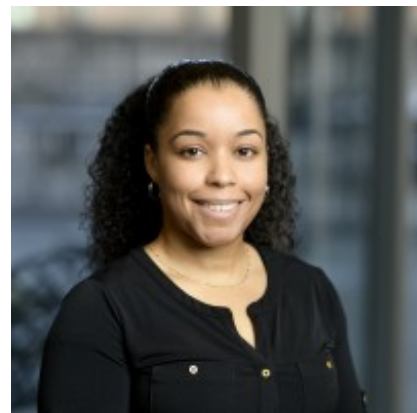
Jessica Scott
PhD; Director, Exercise
Oncology Program and
Associate Attending



Anthony Yu
Principal Investigator



Stephanie Cao
Clinical Research Associate



Vanessa Castillo
Exercise Physiologist



Olivia Chan
Exercise Physiologist

Members

Alumni

Affiliations

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

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Cancer Center



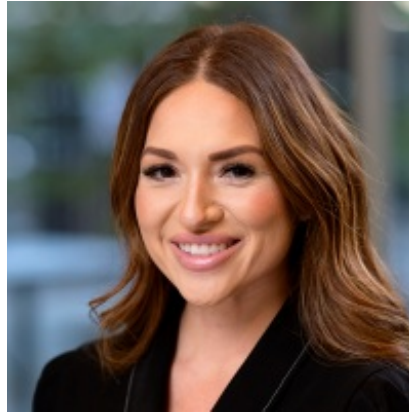
Su Chun
Clinical Research Coordinator



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