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PATIENT & CAREGIVER EDUCATION

# How Exercise Can Help Treat and Prevent Cancer

In this episode, [Dr. Diane Reidy-Lagunes](#) welcomes MSK exercise scientist [Dr. Lee Jones](#) back to the show to discuss the most recent findings about the effects of exercise on cancer prevention, treatment and recovery. Dr. Jones provides advice for patients to stay physically fit and battle fatigue, as well as the most effective training regimen for anybody, with or without cancer.

*Cancer Straight Talk from MSK* is a podcast that brings together patients and experts, to have straightforward evidence-based conversations. Memorial Sloan Kettering's [Dr. Diane Reidy-Lagunes](#) hosts, with a mission to educate and empower patients and their family members.

Go to [www.mskcc.org/pe/cancer\\_straight\\_exercise\\_prevent](http://www.mskcc.org/pe/cancer_straight_exercise_prevent) 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 care team directly. If you're a patient at MSK and you need to reach a provider after 5 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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