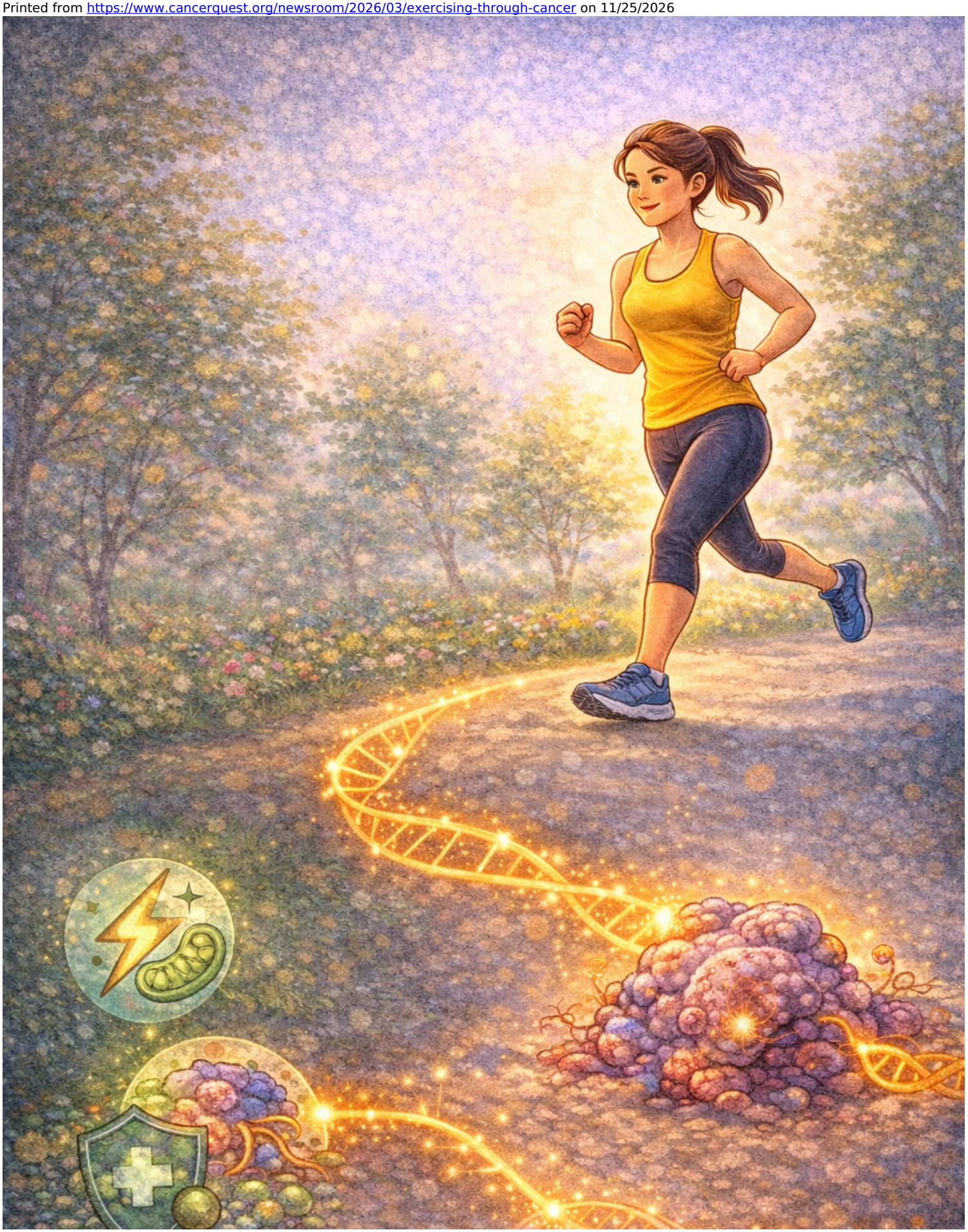
Exercising Through Cancer

Printed from https://www.cancerquest.org/newsroom/2026/03/exercising-through-cancer on 11/25/2026





Exercise is increasingly being recognized as more than a way to improve strength, energy, and quality of life during cancer treatment, it may also influence the biology of cancer itself. A recent article in Cancer Cell highlights growing evidence that physical activity could serve as an important part of cancer care, with the potential to affect tumor progression, treatment response, and even survival. Researchers are now working to better understand the biological pathways exercise may influence, including those involved in metabolism, immune function, and the tumor microenvironment. While exercise is not a replacement for standard cancer treatment, this emerging field suggests that structured physical activity may one day become a powerful companion to traditional therapies. As scientists continue to identify which patients may benefit most and how exercise produces these effects, the idea of “exercising through cancer” is moving closer to becoming an evidence-based part of personalized cancer care.

Source
https://www.cell.com/cancer-cell/abstract/S1535-6108(25)00450-7
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