NSW Cancer Research Education

Scaling Exercise in Cancer Care: Digital Innovation and Implementation in Practice

Statewide Seminar Series 2026
Tuesday 16 June, 12.30 - 1.30 pm



Dr David Mizrahi

Senior Research Fellow
The Daffodil Centre



Dr Mary Kennedy

Postdoctoral Research Fellow in Implementation Science
Edith Cowan University, WA

16 JUNE 2026 | **12:30 PM – 1:30 PM** | **Online Webinar**

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Maridulu Budyari Gumal
Cancer Clinical Academic Group

Session Information

In this webinar, we will explore how exercise can be effectively scaled and embedded into cancer care through digital innovation and implementation science. The session will be chaired by Professor Janette Vardy, a medical oncologist and research leader in cancer survivorship, who was Australian Principal Investigator of the landmark CHALLENGE colorectal exercise trial demonstrating survival benefits. This session will bring together leading expertise in exercise oncology and implementation science. Dr David Mizrahi will present on Digital Pathways to Exercise in Oncology: Opportunities and Challenges, highlighting how digital innovations are transforming access to exercise interventions for people living with and beyond cancer, while addressing the opportunities and barriers to implementation at scale. Dr Mary Kennedy will then present on Closing the Gap for Hard to Reach Populations, focusing on the system-level strategies required to ensure equitable access to exercise in cancer care, and how implementation science can be leveraged to embed exercise into routine oncology practice across diverse populations. The session will conclude with a facilitated discussion and Q&A.

Speakers



Dr David Mizrahi is a Senior Research Fellow at The Daffodil Centre, The University of Sydney and Cancer Council NSW. He is an Accredited Exercise Physiologist, with his research focusing on exercise during and after cancer treatment for child and adult cancer survivors. His current Fellowship funded by The Kids Cancer Project focuses on innovating exercise and physical activity delivery in children's cancers. . David has an interest in implementation science and his motivation as a researcher is to strive towards improving access to exercise in cancer care to improve the health and wellbeing of all people impacted by cancer. David is a Fellow of Exercise and Sport Science Australia and was awarded Exercise Physiologist of the year in 2023 for his contribution to the exercise-oncology field in Australia.



Dr Mary Kennedy is a Postdoctoral Research Fellow in Implementation Science at Edith Cowan University, Perth WA. Her research focuses on understanding why exercise is not reaching people living with and beyond cancer and what it takes to change that. She is particularly interested in system-level strategies needed to embed exercise into standard oncology care, from referral pathways to workforce development. Dr Kennedy is a Fellow of the American College of Sports Medicine and serves on the ACSM Moving Through Cancer Task Force. She holds a Cancer Council Western Australia Postdoctoral Fellowship and is the founder of the Implementation Science Café at ECU, a resource hub supporting health researchers to apply implementation methods in their work.

Chair. Professor Janette Vardy
Research Lead, Behaviour and Health
Australian Research Centre for Cancer Survivorship
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