

America's Best In Medicine Kareem Collins, CES, CPT, Advancing Therapeutic Exercise Programs At Memorial Sloan Kettering

Cancer Exercise Specialist Develops Evidence-Based Training Programs to Support Individuals with Cancer, Parkinson's Disease, and Other Medical Conditions



New York City, New York Mar 18, 2026 ([Issuewire.com](https://www.Issuewire.com)) - Kareem Collins, CES, CPT, serves as a Cancer Exercise Specialist at Memorial Sloan Kettering Cancer Center, where he designs and implements evidence-based exercise programs to support individuals facing cancer, Parkinson's

disease, and other medical conditions. Through personalized training approaches, Collins focuses on improving strength, mobility, and overall functional outcomes while ensuring that every program is both safe and effective.

At Memorial Sloan Kettering, Collins works with patients at various stages of treatment and recovery, tailoring exercise programs to meet individual needs and medical considerations. His work emphasizes the role of structured physical activity in enhancing physical function, supporting rehabilitation, and helping individuals regain confidence in their movement and overall health.

“I truly enjoy helping patients improve their health and well-being, especially when I can support them in achieving their personal goals. Seeing tangible progress and making a positive impact on someone’s life is incredibly rewarding,” says Collins.

Collins completed the Cancer Exercise Specialist Program through the Cancer Training Institute of the American Council on Exercise, equipping him with specialized knowledge to support individuals navigating complex medical conditions. He also holds multiple certifications that broaden his expertise across both clinical and performance-focused training, including credentials in USA Weightlifting, USA Track & Field, USA Boxing, and Functional Movement Screening (FMS).

With more than two decades of professional experience, Collins has worked in a variety of respected institutions and fitness environments. Earlier in his career, he served as a Fitness Coach at Johns Hopkins University School of Medicine and as a Parkinson’s Exercise Program Instructor at 92Y/Mount Sinai. He has also worked as a personal trainer at New York Sports Clubs, helping individuals develop personalized programs to improve strength, mobility, and overall fitness.

Throughout his career, Collins has developed extensive experience in rehabilitation, prehabilitation, program design, and community-based exercise initiatives. His work reflects a strong commitment to helping individuals of all ages and abilities achieve measurable health improvements through structured and scientifically grounded exercise programs.

Outside of his professional work, Collins enjoys strength training, boxing, competing in races, being involved in charity events, being creative, and spending time with his nephew and niece. He is currently working on a new platform to discuss Autoimmune conditions, in which he was also diagnosed with Lupus about 4 years ago, and Neuromyelitis Optica (NMO), a condition that inflames the spinal cord and optic nerves of the eyes in January of 2025. His mission remains centered on empowering individuals to take an active role in their health and wellness while fostering a supportive, motivating environment that encourages long-term success.

Learn more about Kareem Collins:

Through his America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/kareem-collins>

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