

Heather Milton Applies Evidence-Based Exercise Science to Health and Performance

Combining Research, Advanced Testing, and Individualized Training to Support Long-Term Health and Athletic Achievement



New York City, New York Oct 19, 2026 ([Issuewire.com](https://www.issuewire.com)) - Heather Milton, MS, CEP, CSCS, is a Lead Exercise Physiologist with more than 18 years of experience in clinical exercise physiology, sports performance, and research. As a registered clinical exercise physiologist and certified strength and

conditioning specialist, she focuses on identifying exercise interventions that improve health, fitness, and long-term outcomes through evidence-based, individualized programming.

From 2014 to 2026, Heather served as Exercise Physiologist Supervisor at the Sports Performance Center within NYU Langone Health Orthopedic Center. In this role, she led the exercise physiology team and coordinated multidisciplinary professionals, including dietitians, exercise physiologists, and physical and occupational therapists. Her work included advanced assessment methods such as 3D motion capture, metabolic testing, and isokinetic strength analysis to develop training programs aligned with individual needs and goals.

Before joining NYU Langone, Heather spent five years as a Senior Exercise Physiologist in Diagnostic Cardiology at Brigham and Women's Hospital in Boston, Massachusetts, from 2008 to 2013. This experience contributed to her background in cardiopulmonary assessment and exercise-based health management. She has also worked as a Cardiopulmonary Specialist and Physical Activity Specialist with Lark Technologies since 2013.

Currently, Heather consults for multiple digital health companies, helping them develop and implement features, programming, and educational content to optimize patient experience. She is also part of the Primary MD team, a comprehensive primary care and precision prevention company.

In addition, she acts as the lead exercise physiologist at NYU Langone's Griffin Healthspan and Vitality Center, where she helps women optimize their health and wellness throughout life's changes.

Heather earned both her Master of Science in Clinical Exercise Physiology and Bachelor of Science in Cardiopulmonary and Exercise Science from Northeastern University in Boston. Her professional credentials include Registered Clinical Exercise Physiologist, Certified Strength and Conditioning Specialist, and Cancer Exercise Specialist. These qualifications support her work across clinical exercise programming, athletic conditioning, injury prevention, and exercise for cancer survivorship.

Research and professional leadership are also central to Heather's career. Her peer-reviewed publications have appeared in journals including *Journal of ISAKOS*, *BMJ Open Diabetes Research & Care*, *Contemporary Clinical Trials*, *Bulletin of the Hospital for Joint Diseases*, and *Journal of Cartilage & Joint Preservation*. She has presented at annual meetings of the American College of Sports Medicine and the National Strength and Conditioning Association.

Heather previously served as President of the American College of Sports Medicine's Greater New York Chapter in 2019. She also serves on the Medical Board of the USA Nordic National Team, a position she has held since 2021, and the High Performance Board of USA Football, which she joined in 2022.

Her areas of special interest include metabolic and biomechanical assessment, VO2 max testing, strength and conditioning, wearable technology, and exercise programming for cancer survivorship. Throughout her work, Heather emphasizes combining scientific evidence with personal objectives, recognizing that effective exercise plans must account for each individual's circumstances and priorities. Her approach reflects a commitment to making exercise science practical, measurable, and relevant to improving health, physical performance, and quality of life.

Learn More about Dr. Heather Milton:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/84876667-Heather-Milton-Certified-Exercise-Therapist>, through

PrimaryMD, <https://www.primary-md.com/team/heather-milton> or through her website, <https://strongerwithscience.com/>

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