



EMBody

TRIAL TITLE

Exercise in Metastatic Breast Cancer: EMBody

TRIAL STATUS

Recruiting

TRIAL NUMBER

[NCT05468034](https://clinicaltrials.gov/study/NCT05468034)

TRIAL PHASE

Phase 2

PARTICIPANTS ELIGIBLE FOR THE STUDY*:

- Adults aged 18 or over diagnosed with metastatic breast cancer
- Participants have metastatic breast cancer that has not progressed in the 12 months prior to screening
- Able to walk on a treadmill without assistance
- Must not be currently meeting physical activity guidelines of 150 minutes of moderate to vigorous exercise per week
- Must not have received chemotherapy in the last 12 months
- Must not have active brain metastases

*Additional eligibility criteria may apply



Spotlight on Clinical Trials FACT SHEET

TRIAL DETAILS:

- Approximately 100 participants will be randomized to a control group (standard care), or an exercise intervention group.
- Participants in the exercise group will work virtually with an exercise trainer three times per week for 16 weeks. Each session is 60 minutes long.
- Exercise sessions will consist of cardiovascular exercise, resistance training, balance exercises and stretching exercises.
- Participants in the exercise group will attend a virtual class on creating and maintaining behavior changes.
- Researchers will determine if the exercise regimen impacts cardiorespiratory fitness as measured by minutes on a treadmill, as well as other indicators of physical fitness and quality of life.

ABOUT EXERCISE AND METASTATIC BREAST CANCER:

- Previous studies have shown that [exercise](#) improves quality of life and survival for people with early breast cancer, but previous studies evaluating exercise in metastatic breast cancer have produced mixed results.
- Studies show cardiorespiratory fitness, physical function and muscle mass are all known to impact [quality of life](#) and survival for people with metastatic breast cancer.
- Given the wide range of outcomes and priorities for those living with metastatic breast cancer, it is important to identify those with metastatic breast cancer that benefit the most from behavioral interventions such as exercise.

REFERENCES:

1. Ballinger TJ. Exercise in Metastatic Breast Cancer: EMBody. ClinicalTrials.gov identifier: NCT05468034. Updated June 14, 2024. Accessed August 28, 2024. <https://clinicaltrials.gov/study/NCT05468034#study-plan>
2. Cancilla M, et al. Evaluating the impact of exercise in women living with indolent metastatic breast cancer: The EMBody trial. J Clin Oncol 41, 2023 (suppl 16; abstr TPS12140). DOI: [10.1200/JCO.2023.41.16_suppl.TPS12140](https://doi.org/10.1200/JCO.2023.41.16_suppl.TPS12140)