

S. Nicole Culos-Reed, PhD

Dr. Culos-Reed is a Professor of Health and Exercise Psychology in the Faculty of Kinesiology; Adjunct Professor in the Department of Oncology in the Cumming School of Medicine; and Director of the Health and Wellness Lab and Thrive Centre. She holds a Research Associate appointment with the Department of Psychosocial Resources at the Tom Baker Cancer Centre, Cancer Care, Alberta Health Services.

Dr. Culos-Reed's research takes a multidisciplinary approach to understanding and improving the quality of life of cancer survivors, by developing physical activity programs to address the physical and psychological challenges survivors throughout treatment and survivorship. This research includes national and international collaboration, including a Canadian Institute of Health Research-Canadian Cancer Society (CIHR-CCS) Cancer Survivorship Team Grant, with additional support from Alberta Cancer Foundation (ACF), to bring her team's exercise oncology program to rural and remote cancer survivors across Canada (2020-26). This work builds upon the Alberta Cancer Exercise (ACE) program, designed to bring exercise into standard of care for all cancer survivors. The ACE program was funded through the Cancer Prevention Research Opportunity (CPRO) offered by Alberta Innovates – Health Solutions, and is also supported by the ACF. Additional projects are supported by CCS-Prostate Cancer, the Movember Foundation, the Canadian Breast Cancer Foundation, the University of Calgary, Alberta Innovates, CIHR-SPOR, and SSHRC. In addition to the adult exercise oncology work, Dr. Culos-Reed leads a team examining the role of exercise in pediatric oncology. This includes the development of the international Pediatric Oncology Exercise Guidelines (iPOEG), and development of pediatric and adolescent and young adult (AYA) exercise programming.

Dr. Culos-Reed is also the co-founder of Thrive Health, an online educational company building capacity in health and fitness professionals to deliver safe and effective exercise oncology resources.

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