

14 Things that make



Healthy-Steps Unique

*Moving you to better health with the **Lebed Method***

Thousands of the 2.5 million breast cancer survivors in this country, as well as other cancer survivors, those recovering from surgery, and people suffering from chronic disorders are benefiting from a unique, groundbreaking exercise program. **Healthy-Steps**, *Moving You to Better Health With The **Lebed Method*** was designed by Sherry Lebed Davis, a cancer survivor and professional dancer, and two physician/surgeons, Marc Lebed, MD and Joel Lebed, MD.

Fourteen Qualities that make

Healthy-Steps, *Moving You to Better Health With The **Lebed Method***
Unique:

- 1: Designed by a professional dancer and two physician/surgeons
- 2: 29 year track record
- 3: Recognized by the National Lymphedema Foundation and many National cancer organizations
- 4: Research data published in the Journal of the American Physical Therapy Association
- 5: Adopted in over 700 hospitals in more than twelve countries
- 6: **Healthy-Steps** has a certified licensing program for instructors to insure proper guidance and teachings of the techniques
- 7: Reports and coverage on national TV and by numerous newspapers and magazines
- 8: Co-developer Sherry Lebed Davis is the author of "Thriving after Breast Cancer", an essential guide to healing both body and mind and recovering pretreatment energy, strength, flexibility, and posture.
- 9: Two videos "Focus on Healing Through Movement and Dance" are also available
- 10: **Healthy-Steps** is an International Program
- 11: The Vodder School of North America and the Günter Klose Schools have added The Lebed Method Program for those with upper and lower lymphedema to their advanced review course and it is an exercise program of choice for all their hospitals
- 12: A research study on the Lebed Method Program and Breast Cancer Survivors from the University of Connecticut was presented at the National Institutes of Health Conference and ACS Conference in Washington DC in July, 2004, and was published in September, 2005 in Cancer Nursing
- 13: Several Medical studies and Medical Abstracts on **Healthy-Steps** are currently on-going at major hospitals
- 14: **Healthy-Steps** Childrens, Maternity, and Water programs are now available

WHAT IS **Healthy-Steps**?

Healthy-Steps, *Moving You to Better Health With The Lebed Method*, is a unique system of exercise and movement that is structured on accepted therapeutic basics. Unlike traditional physiotherapeutic programs, **Healthy-Steps** is a long term lifestyle process aimed at helping those recovering from cancer, surgery, or dealing with chronic disorders to heal and thrive not only physically, but emotionally. The program combines sound physical therapy practices with the freeing aspects of gentle movement, the inspiration and spirit elevation of eclectic music, empowerment from information and education, and positive reinforcement from a group format.

HEALTH AND VIGOR = THRIVING

Movements specifically designed in a particular order stimulate the optimum flow of the lymphatic system, which is often unintentionally impaired due to surgery and various treatments such as chemotherapy and radiation. This system is one of the largest in the body. It supports and enhances the function of our immune system, which is key to a vital, healthy organism.

THE BODY IS MEANT TO MOVE

The body is a biomechanical genius in which muscles, tendons, bones, blood, lymphatic system, and organs are healthiest when active. **Healthy-Steps** employs both basic passive and progressive active movements using the entire body; i.e., upper, lower, fingers, wrists, ankles, and feet; improving range of motion, circulation, musculature, core strength, energy, coordination, structural rebalancing, reduction of lymphedema, reduction of scar restriction, and weight stabilization. Participants are closely monitored for safety and proper alignment. We offer encouragement to work at individual levels of strength and flexibility without evidence of pain in any recovering part of the body.

THE MIND FINDS A REASON FOR CELEBRATION

By integrating the body's intelligence we reestablish the mind/body connection, thereby releasing the stress and trauma created by the experience of surgery, life threatening illness, and chronic disorders. One is then able, once again, to experience using the body as an instrument of joy and sensuality.

ELEVATION OF SPIRIT

There has been much written about the positive aspects of laughter and exercise-produced endorphins in reduction of pain and depression that are paramount to successful recovery. **Healthy-Steps** takes like-experienced individuals and constructively facilitates the pursuit of a positive, fun course of cooperative interaction. These classes allow participants a constructive expression of release through the vehicle of movement to music.

www.gohealthysteps.com