



What Is Healthy-

Healthy-Steps moving you to better health with the Lebed Method is a fun, therapeutic dance and movement program designed to improve the quality of life for a variety of special-needs populations.

An exciting opportunity for you to add a new profit center into your business by integrating this amazing 'Dance Therapeutic Program' and creating a new niche with the ever growing special populations. As keynote speaker, Mikki Williams, CSP and exercise specialist said (and she endorses our program), "strive not to be different but to be unique, anyone can copy different, no one can copy unique." Be the first to get this internationally recognized one of a kind program into your business.

You can hold classes on your off hours, and service the entire community, plus your own clientele. This is a world wide program that address the needs of those with any form of cancer, Lymphedema, arthritis, Multiple Sclerosis, Diabetes, chronic fatigue syndrome, fibromyalgia, Parkinson's, the list goes on..... We have a great senior program, maternity, water program and children's program as well. It has been found that approximately 70% of those in this special population's category do not exercise regularly. Healthy-Steps provides them with the incentive to improve their quality of life by making exercise fun, joyous, and social and increasing your revenue. Each year, hospitals see thousands of older patients for broken hips due to falling. Balance exercises can help you avoid injuries from falls and keep you independent and mobile. Healthy-Steps new Study published in the Administrative Nursing Journal showed that our program helped prevent seniors falling! The National Institute on Aging believes that, "when older people lose their ability to do things on their own, it doesn't happen just because they have aged. More likely it is because they have become inactive."

There are more than 2.5 million Breast Cancer survivors living today and on average, approximately 203,000 more people will be diagnosed every year in the United States alone. Because survivors are living longer, there is a greater need for increasing the quality of life for these survivors, and the Lebed Method began as an important part of this process. The Lebed Method, Focus on Healing Through Movement and Dance® was created and continues to be developed by Sherry Lebed Davis and Dr. Marc Lebed in 1989. It is a medically- based program with three published studies and more on the horizon. The program is recommended by many national cancer organizations and is currently being taught in more than 900 hospitals and centers. We currently have over 700 Certified Instructors in the United States and in more than 14 countries (including: Canada, Mexico, United Kingdom, South Korea, South Africa, Bahamas, Turkey, England, Australia, Puerto Rico, and Indonesia). This 6 to 8 week therapeutic exercise program was originally designed for women who have had breast surgery, node dissection, radiation or chemotherapy.

In 2000 The Lebed Method became "Healthy-Steps, Moving you to Better Health with the Lebed Method" to transition further into servicing a larger population of people with special needs.

Since 2000, Healthy-Steps have proven to be helpful for individuals coping with many conditions and in need of specialized programs, such as:

- All types of cancer for men and women.
- Upper & lower Lymphedema to reduce swelling & increase quality of life.
- Those suffering from any chronic illness (i.e., Chronic Fatigue Syndrome, Diabetes, Muscular Dystrophy, Fibromyalgia, Parkinson Disease, MS, obesity, etc.) .
- The Healthy-Steps exercises can be done sitting in a chair or from a bed.
- The elderly or anyone having difficulty with mobility, posture and energy levels.

[Online Training Prerequisites](#)

[Information Packet - Online Only](#)

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