

and soon adopted it into therapy for their patients. From that program evolved the first of four medical studies on the Lebed Method, quantifying its effect on recovery and quality of life. Today, the program is currently in over 800 hospitals, community centers, and fitness centers and in 14 countries. "It is fulfilling and gratifying to see the wonderful benefits of our recovery program, known as *Healthy-Steps: moving you to better health with the Lebed Method*, helping so many across the country and internationally," said Sherry.

Healthy-Steps is a fun program where the movement and music are the mediums through which one experiences therapeutic exercise. Playful props, such as boas, bubbles, and scarves are used to make the exercises enjoyable and fun. No certain level of physical or dance ability is required. Chairs are provided for anyone who may wish to participate seated. Healthy-Steps is not an aerobic type program, so the people who attend the classes vary in ages and physical conditions. It is strongly advised that if a participant experiences any pain during an exercise, they are encouraged to stop or ratchet their efforts back. Healthy Steps teaches "No pain means more gain." The exercises are designed to be gentle resistance so everyone can do them according to their ability. There is no competition. As with any exercise program, all participants are encouraged to consult their physician before beginning.

**With Healthy-Steps,**

- There is no need to know how to dance to receive benefit from this program.
- Participants do not feel self-conscious and they can start at any stage of their healing journey knowing that this program does not harm them.
- Physical strength and lung capacity are benefited.
- Everyone's spirits are lifted.

Originally developed to aid recovery for breast cancer survivors, Healthy-Steps classes are now benefiting participants who are dealing with a broad range of conditions from other cancers, lymphedema, multiple sclerosis, arthritis, Parkinson's chronic fatigue syndrome, and fibromyalgia to name a few. The original program has been adapted for aquatic exercises, maternity programs, senior health and wellness, ►



## Support Surrounds You

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**Support encompasses:**

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- Salon Services
- Specialty Boutique
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*Comprehensive Care* - at the Arizona Cancer Center Clinic, it's defined as every patient's journey from the diagnosis of cancer to becoming a cancer survivor.



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