



HEALTHY STEPS™

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“Healthy Steps” (previously known as “The Lebed Method”), is a program of movement and dance that has been actively practiced for thirty years and that has benefited thousands, internationally. The program is designed to aid in the recovery and maintenance of patients, adults and children, living with chronic illnesses (including cancer and Lymphedema) and surgical complications. In addition, those not so afflicted (e.g. seniors, pregnancy) widely benefit from the Program and the sense of community that it engenders.

“Healthy Steps” is specifically designed to allow individuals who are restricted to sedentary lifestyles or who are otherwise unlikely to participate in traditional programs to benefit from a program of exercise and socialization. The program, initially created for breast cancer survivors, has been modified and expanded to incorporate all individuals experiencing chronic disease. “Healthy Steps” was created by a dance specialist and two physicians and represents a medically sound, safe and productive medium for the improvement of participants’ physical and emotional health.

The Program has been supported by myriad health care institutions, support groups, and allied health care associations. There have been, to date, two peer review publications associating The Lebed Method with improvement of Lymphedema. In addition, the Program is presently the focus of a study being performed in conjunction with Yale University. The benefit of exercise in chronic disease has been well substantiated in the medical literature and has been supported by health care professionals and institutions universally. The Program has stood the test of time and continues to evolve and flourish.

As the Medical Director for “Healthy Steps”, I fully support and promote the Program as a substantiated therapeutic option for all patients living with infirmity. “Healthy Steps” is an excellent adjunct to traditional physical, occupational and Lymphedema therapies. The Program is clearly superior, for its target population, to most if not all traditional exercise programs and its movements are documented to be safe and productive for the physical and emotional health of all participants, including the chronically ill.

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