



# Healthy-Steps™ Instructor Certification

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

## **One Day Online/One day Land Instructor Certification Training Workshop**

This training is taught by:

One of Healthy-Steps CLMT Train the Trainers

Approved: ACE: CEC/Approximate CEC hours working on becoming a provider

Approved: ACSM: CEC /Approximate CEC working on becoming a provider

The Lebed Method is a Provider for AOTA CEUS hours/ American Occupational Therapy Association



**APPROVED PROVIDER<sub>of</sub>  
CONTINUING EDUCATION**

by The American Occupational  
Therapy Association, Inc.



## Table of contents

### 1. Introduction

What Is Healthy-Steps? . . . . .	3
Benefits of the Healthy-Steps Program . . . . .	4
Who Is Appropriate for the Healthy-Steps Certification Training? . . . . .	5
The Founder . . . . .	5

### 2. Certification Training Program

The Healthy-Steps Instructor Training Workshop Objectives . . . . .	6
Requirements for Certification . . . . .	7
Description of one day online training course . . . . .	8
License Fee and Re-Certification . . . . .	8
TLM Program Resources and Support . . . . .	9

### 3. Registration Process

Cost and What's Included in the Training Program . . . . .	9
Testimonials . . . . .	10
Cancellation Policy . . . . .	12



## 1. Introduction

### What Is Healthy-Steps?

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 our chronically ill population.

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.
- A wellness program done on land or in water.
- A program for women who are pregnant (Healthy-Steps Maternity Program).
- A program for children with cancer, Lymphedema, chronic illness, and/or emotional Disabilities.
- Healthy-Steps in the Water
- Healthy-Steps with the Autistic Population
- Healthy Seniors Program
- Hospice Program
- And much more...

With four published studies, four medical abstracts, and more on the horizon, this medically-based program meets many wellness needs.

### Benefits of the Healthy-Steps Program

Healthy-Steps take traditional physiotherapy movements out of the clinical setting and translate them into dance and exercise language, providing a more motivating environment. Exercise and movement meets Samba!! Specially selected music stimulates patients to move more freely than they normally would and redirects their minds away from pain and limitation and instead toward feeling the movement through the music. The group setting also allows patients to see improvement in the physical abilities of others, reinforcing that it is also possible for them, too! As patients progress through the Healthy-Steps program, most will see significant improvement in the following ways:

- Healthy-Steps help to increase overall range of motion.
- Is particularly helpful in increasing upper body mobility
- May help decrease risk of Lymphedema & reduce swelling
- Reduce frozen shoulder
- Improve overall posture and balance
- Assist in structurally re-balancing the body
- Increase positive body image
- Elevate self-esteem
- Regain sensuality
- Provide a supportive environment with others
- Decrease depression
- Increase flexibility and strength
- Improve quality of life ...Surviving is Important, but thriving is elegant!
- Create empowerment



Healthy-Steps, Moving You to Better Health with the Lebed Method, offers wellness programs for everyone, from young adults to seniors, regardless of health, age or ability level. The Healthy-Steps program improves overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image. A specialized program for children, "Creative Rhythms", is even available to serve the needs of children with Cancer or other chronic illnesses or medical conditions.

### Who Is Appropriate for Healthy-Steps Certification Training?

- Fitness Instructors & Personal Trainers
- Medical Doctors: Family Practice, Internal Medicine
- Specialist: Oncologist, Orthopedic Surgeons, Geriatrics
- Nursing: RN, LPN, Nurse Practitioners
- Occupational Therapists
- Physical Therapists
- Lymphedema Therapists
- Massage Therapists
- Dance Therapists
- Mental Health Professionals: Psychologists, Counselors, Social Workers
- Breast Cancer Survivors, Cancer Survivors
- Anyone wanting to bring Healthy-Steps to their community

### Prerequisites for online/land training: (unless you also take the Labs)

#### CHEOROGRAPHY

- ✓ Ability to form and create sections and dance related routines using specified guidelines, as prepared by HS
- ✓ Experience in creating variations to existing accepted dance based routines with a concentration on avoiding jerky movements and promoting the use of slow, smooth movements with reasonable resistance.
- ✓ experience in tempo modifications (e.g. ½ time movements with full time music)
- ✓ ability to orchestrate smooth transitional flow from one movement to the next

#### MUSICALITY

- ✓ Experience in counting-off beats per minute (e.g. ½ time counting within full time music; Count in 4 and 8 counts for participants in ½ time)
- ✓ Experience in selecting exercise based music consistent with prescribed program criteria
- ✓ Experience in timed exercise to music

#### TEACHING

- ✓ Past experience in teaching in front of a group
- ✓ Trained annunciation and voice projection
- ✓ Experience with students with individual needs and with differentiated education techniques and positive attitude instruction
- ✓ Experience and comfort in group teaching/training
- ✓ General experience in dance education, including but not limited in the ability to speak clearly while demonstrating movements incorporated in a specified program.



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2010

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## The Founder

Sherry Lebed Davis is a Breast Cancer Survivor, a thriver of Lymphedema, Hep C, and a dance movement specialist based out of Seattle, Washington. Her program is the subject of published papers in several national medical journals, and Sherry has been featured in articles in magazines such as People, Oxygen, Dance Teacher, Coping, Health, as well as other magazines. The program has been featured on The Today Show, Life Time Live, BBC, ABC Nightly News, and more. The Lebed Method has appeared in most major newspapers including the LA Times, NY Times and Seattle Times. Sherry is a national and international speaker, having presented at the Oncology Nurses Society Conference, for the Armed Forces, CURE Magazine Conferences, Susan G. Komen Cruise for the Cure, IDEA World Conference, National Lymphedema Network Conference, the National American Cancer Society Conference, the National Conference for Reach to Recovery and many additional events.

Sherry has a BFA in dance and, since 1980 Sherry has been a hospital-based dance movement specialist. Together with two surgeons, she developed The Lebed Method primarily to assist women regain and maintain range of motion, eliminate frozen shoulder, and reduce the risk of Lymphedema following breast surgery. TLM (The Lebed Method, now known as “Healthy Steps, Moving you to Better Health with the Lebed Method”) has also been helpful in centering physical and emotional issues related to loss of motion as well as decreasing fatigue through movement, dance, and certain exercises. One of the original founders, Dr. Marc Lebed, was involved in the program’s development and has an active role as The Lebed Method Medical Director and Advisor.

Healthy-Steps is now a worldwide Organization providing unique wellness programs for special population

**Information will be sent to you by the Trainer of this online/on land training**



## 2. CERTIFICATION

### Healthy-Steps Instructor Training Workshop Objectives

The online/land certification training course offers a comprehensive overview of Healthy-Steps program, as well as the physical and emotional value it has to offer your clients. All of The Lebed Method exercises are introduced with in-depth instructions and include an experiential component where students will be expected to participate online in each of the exercises. Upon completion of the training, you will have learned:

- Why we do certain exercises and the benefits of each
- Understand the role of proper exercise for your client's physical and emotional well being
- Proper and safe way to regain and maintain Range of Motion through exercise
- Address problems of frozen shoulder/Lebed Method techniques to increase ROM, flexibility, strength
- Identify which areas of the body are used during each section of Healthy-Steps
- Seated exercises
- Working with seniors, chronically ill and more.....
- Lesson plans
- Good and bad music choices
- How to do Healthy-Steps therapeutic exercise program
- Understanding physiology of Lymphedema as it pertains to Healthy-Steps; Signs of Lymphedema
- Exercises that work for Lymphedema
- How long, when, and how much do your clients do Healthy-Steps in a class
- Where you need to "stay in the box" Healthy-Steps and where you can be creative and expand the program
- The Healthy-Steps program's history
- "How to Instruct" a Healthy-Steps class
- Do's and don'ts of Healthy-Steps - When should your client begin and how to adapt the program
- Explore/instruct in the use of Music and it's impact on recovery
- **Marketing techniques and how to make Healthy-Steps a success for you, your clients, and your center (on teachers site)**
- How to be an educator during your classes
- Understand the proper way to instruct and teach your clients
- Keeping program slow, smooth with resistance at all times

Enrollees will complete the Lymphedema training portion of the Healthy-Steps Certification training online, taking quizzes and an examination, pass/fail. Once they have completed this portion of the program, they would then proceed to taking their one day land training portion with their Healthy-Steps trainer as planned. They MUST complete the Lymphedema section on line at least two weeks prior to taking the on land one day training portion.

Healthy-Steps certification provides you with access to everything you need to begin and grow a successful a Healthy-Steps program. Marketing and how to run a class will be on the teacher's site for the attendee.

- **Marketing techniques and how to make Healthy-Steps a success for you, your clients, and your center (on teachers site) ONCE YOU ARE CERTIFIED**



Healthy-Steps Certification provides you with the opportunity to improve the lives of others, while improving your own life and financial well-being. This program is a perfect addition for Senior Centers, Assisted Living Centers, Nursing Homes, over 55 Centers, fitness centers, personal trainers, medical centers and hospitals, dance and yoga centers, religious centers, Corporate Wellness programs ... anyone interested in adding wellness programs for the community.

Instructor certification includes technical training, as well as access to marketing resources and how-to guides, promotional materials, and licensed merchandise. (On the teacher's site) As a Healthy-Steps instructor, you'll also have access to a world-wide network of Healthy-Steps instructors, providing each other with guidance, expertise and encouragement.

Sherry Lebed Davis, the founder, is one of the foremost authorities on the use of movement for the healing and prevention of complications from breast cancer surgery and other related treatments. She is the co-founder, with Dr. Marc Lebed and Dr. Joel Lebed, of Healthy-Steps, Moving you to Better Health with The Lebed Method. Widely respected authorities, such as Dr. Susan M. Love, Saskia R.J. Thiadens, executive director of The National Lymphedema Network, Dr. Clifford Hudis from Memorial Sloan Kettering Hospital, Dr. Bert Peterson from Beth Israel Hospital, Dr. Laura Morris, from Goshen General Hospital, and centers such as Baylor Medical Center, Baton Rouge Medical Center and many more recommend Healthy-Steps to their patients. Healthy-Steps is also found in Fitness Clubs around the world and have become a wonderful component to meet community and center needs. Sherry has authored the Book: "Thriving after Breast Cancer, Essential Healing Exercises for Body and Mind"; the video: "Focus on Healing through Movement and Dance for the Breast Cancer Survivor"; and the DVD: "The Lebed Method Focus on Healing" a video program for anyone who wants to improve their physical, mental, and emotional well-being.

### Requirements for Certification as a Healthy-Steps Instructor

- Successful completion of the one day Online/land Healthy-Steps Instructor Training Certification Course
- Completion of additional continuing education training (totaling a minimum of 10.0 CE credit hours) in a general topic related to Healthy-Steps (such as Lymphedema, Physical Rehabilitation, Oncology, Fitness, Geriatric Health Care, etc.). Continuing education training can be home-study courses or training workshops offered through hospitals, fitness centers or educational centers in your area (we encourage you to find CE courses that are free or low-cost).
- Completion of an annual questionnaire. The Healthy-Steps management strives to be responsive to the needs of all Certified Instructors. The annual questionnaire is a very important tool to help us identify what's working well within the Healthy-Steps program and areas that can be improved or enhanced.
- CPR training either prior to training or completed within 90 days after the training (and we will need a copy of your CPR card for our files).

Upon completion of Healthy-Steps Certification training and passing of the exam, you will be approved to teach The Lebed Method and listed on Healthy-Steps online Teacher Directory until January of the following year. A Licensing Fee will be due by January 15th of each year to maintain your active status and inclusion on the Teacher's Directory for that calendar year. The annual license fee is \$175.00. (This is subject to change) For those certified in the preceding year, a pro-rated fee will be due, calculated at \$14.58 per month, starting from the month following your training dates (for example, if training is held in April, the pro-rated fees are counted from



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May through December). Recognizing that there are sometimes extenuating circumstances that can cause financial hardship, Healthy-Steps will make every effort to work with you regarding an extension, payment plan, or other such arrangements. Failure to pay the Licensing Fee or contact Healthy-Steps office to make alternative arrangements by January 15th will result in revocation of the Certification and License and removal from the Teachers Directory. Revocation will prohibit you from teaching the Healthy Steps program.



### Description of the online portion of training

1. There will be a sign-in process with a log on number upon payment from one computer only
2. The participant will have 30 days to complete the entire Lymphedema course from date of sign-in
3. Your Trainer will provide your manual at the land training.
4. The examination will be on line and will be pass/fail.
5. On completion of the above you will bring your manual and attend the one day land training specified by your trainer.

Healthy-Steps is a registered trade name and HEALTHY-STEPS ALSO KNOWN AS the "Lebed Method" is a licensed procedure. As such, any individual who teaches the program must be licensed by Healthy-Steps. Licensing requirements include an intensive instructor online training/one day land workshop, experiential hands-on laboratory sessions, (if desired) and a Lymphedema online exam. Successful candidates from the online/one day training graduate with the CLM (Certified Lebed Method) designation. A co-developer of the program, Dr. Mark Lebed, continues to serve as the HS medical director and advisor.

### License Fee & Re-Certification – Benefits of & what you receive

- Exclusive access and constant updates to the Teacher Only site on [www.lebedmethod.com](http://www.lebedmethod.com)
- Each year you receive a new one year lesson plan book on disc with new music selections
- New CD of updated CLM/CLMC manual with changes
- Support from our staff and consultations when needed
- New Marketing items and PR items on teachers site
- Healthy-Steps movements and routines on video on Teacher site
- New sticker for certificate and new license card
- Instructor discounts on all products
- Items for your clients in classes
- Newsletters - public and for instructors only
- National exposure
- FREE attendance to any Healthy-Steps training for review, anywhere in the world.
- New partnerships with major sponsors
- Email announcements of updates important to move your classes forward
- News article updates
- Discount with Healthy-Steps printer
- And much more...

Note: Certification is non-transferable; it cannot be obtained by one person and then transferred to another. In other words, only the person who attends the certification training workshop is approved to teach The Lebed Method classes.



### Healthy-Steps Program Resources & Support

Certified Healthy-Steps (CLM) Instructors will receive ongoing support and access to many resources and tools. The Healthy-Steps Management team is available to offer guidance and support to ensure all CLM Instructors are aware of up-to-date information and understand the basic concepts and techniques of the program. We also are available to help CLM Instructors with marketing, enhancing leadership skills, and problem solving.

CLM (Certified Lebed Method) Instructors receive many other benefits including: discounts for Healthy-Steps products, free multi-media marketing tools, ongoing program updates, individual consultations with Sherry or a Certified Lebed Method Teacher, and more (visit [www.lebedmethod.com](http://www.lebedmethod.com) for additional information on resources and benefits available).

## **3. REGISTRATION PROCESS**

### Cost and what is Included in the Training Program

The Online/one day land Healthy-Steps Certification Training Workshop fee is \$450.00. **(does not include Labs)**

The online training materials package includes:

- Manual/Workbook
- PR Video for Marketing/DVD & Power Point for Marketing Program
- Class support Materials, including Client Release Form templates & all Legal forms on manual disc
- Focus On Healing video/DVD
- The Lebed Method DVD
- "Thriving After Breast Cancer  
Essential Healing Exercises for Body and Mind" Book - by Sherry Lebed Davis
- other misc. items
- Lesson Plan manual for year one on disc with music suggestions
- All Healthy-Steps Articles and studies **on your teacher site**

The book: "Thriving after Breast Cancer: Essential Healing Exercises for Body and Mind" as well as the video "Focus on Healing" and the recent "The Lebed Method" DVD, will be mailed to you upon receipt of your registration fee. The Lebed Method" DVD is an example of a Lebed Method class showing the upper and lower Lymphatic Opening exercise. The certification workshop will also introduce exercises not included on the DVDs, which can be adapted according to the special needs within your own client base. It is suggested you study the book and both DVDS as well as watching the online training to get to know your exercises better.

The examination and quizzes will be online for a grade of pass/fail. DO NOT SKIP ANY OF THE ON LINE TRAINING.



### LABS ONLINE \$200.00

If after taking the online/one day Healthy-Steps training you can do your LABS for \$200.00 either online:

You will RECEIVE by email your lab assignments, the name and email of your monitor. Once on line watch what the class does on the online training film as their labs and the corrections given to them which will help you before you precede to choreography yours. You need to follow the course as it was laid out, movements, music and the reason why everything is done. Once you go through the working labs with our class and see what and how it should be done, you need to take what is your assigned lab, choose your music, choreograph your assignment to fit the Healthy-Steps movements staying within the rules and create your labs. NEXT, you can either film your labs with the music in the back ground on a flip camera and email it to your monitor, or film it and put it on a DVD and mail or email it to your monitor. At the time it is received and reviewed by your monitor they will give you their valued critiquing on the music you have selected, the movements you have chosen and how you have put it all together staying in the Healthy-Steps rules, by email. If you need to repeat any portion of your labs you will be instructed by your monitor which parts and how to go about it. You will at that time have to re-do that section of your labs and repeat the process again. If you do not pass your labs, you will have the opportunity to repeat your labs again within a certain time frame specified by your monitor. If you have any questions about these instructors please email your monitor.

- **Or if your Trainer provides an on land LAB they will notify you of this as another option.**

### Testimonials from some of our Healthy-Steps Instructors

My class was a big hit with the Wellness Community Organization. We had 16 women and there was an older woman who had been through 3 battles with cancer and thought she could not exercise because previous attempts at other programs were too difficult, and she said her experience with TLM was like re-finding herself. At the class closing session of the class there were some tears of gratitude and release. We hope to begin another class shortly. - BW.

I had the honor of attending the Healthy-Steps Workshop and became a Certified Lebed Method Instructor for Adults and Children. I look forward to introducing Healthy-Steps to our patients very shortly. I truly believe this program will not only touch their hearts, but also will provide a fun and safe environment for them to exercise, find friendship and support with other survivors. - Tamie Vasquez, CLM, CLMC - Loma Linda University Cancer Institute

Just wanted to let you know who and what helped me through my cancer treatment. I am a Lebed Method Instructor and love teaching the program and bringing it to those who need this most. Since my recent diagnosis of breast cancer, this past year, I learned full well that friends, family and the exercises in the Lebed Method got me physically, emotionally and spiritually back to health and my full life again.

I am also a dance and Pilate's instructor and I have to say the Lebed Method lymphatic opening, followed with the exercises got me back to my full range of motion in my arms and upper body, more than any of my Pilates exercises, especially in the beginning. So within 3 months time I was back to teaching my full schedule of dance and Pilates classes again. Sherry's program as well as her commitment to her instructors and students is so incredible, I feel blessed to be part of this wonderful organization. - Diane, RN, CLMC



The Healthy-Steps class that Epicenter offers has given me a vehicle to move my body and re-discover my physical self. Healthy-Steps is a source of pleasure and joy via awesome music for us to move to and the instructor's (Claudia) personal spirit that is conveyed to each and every one of us. This class has turned out to be a new beginning for me and I cherish new beginnings! I am deeply appreciative to Epicenter for offering this extraordinary, effective, valuable and beneficial course!

I speak highly of Epicenter and refer it to people regularly. I am also aware that many people who originated with this class are now members of Epicenter. I am also aware that some class attendees have referred members of their family to the club and they are now members. Many attending the class are senior citizens - some well into their 80's and even 90 years old. For them, this class is an activity that is healthful and something to look forward to a couple days a week. I believe the Focus on Healing Class is a wonderful and meaningful opportunity that Epicenter is offering to the community! Thank You!! - Pamela C.

### Testimonials from some of our Healthy-Steps Instructors

I am continuing to do the LE opening with my MS Aquatics class and everyone likes it, especially one woman, who suffers from lower extremity LE. She has more range of motion after we do the LE and is thrilled. So am I! - E. V.

I feel very proud of The Lebed Method and proud to belong to it. I appreciate all the support and hard work that Sherry and Dr. Lebed do in order to cover and update every single detail we can think of. You give us a sense of belonging, belonging to a professional team, belonging to a sisterhood, belonging to a better mankind which we have to enlarge. - T. F.A.

It is a fun way to accomplish what I want my patients to do - facilitate the Lymphatic's to help reduce edema - with the added benefit of a support group in a very positive environment. Who knew you could have it all - and have fun doing it?!! Our treatments, Combined Decongestive Therapy, are very intense and demanding of the patients. Making the exercise portion of it enjoyable significantly increases the chances that they will be done. We started using the opening exercises on Monday right after our weekend course. Everybody loves it, from those in their 40's to 80 plus!! One lady even does it at home without the music! Getting folks excited about exercising and improving their health is important to me. Until now I just didn't have a great method to accomplish that. But NOW I DO!!

As a side note, we are using this with cancer patients: breast, metastatic disease; a fellow and lady with chronic venous insufficiency, edema, wounds and poor balance; a couple women with lipo-lymphedema and obesity, a burn (neck and upper chest) victim with restricted motion just to name a few.

THANK YOU SO MUCH FOR DEVELOPING THIS PROGRAM, SHERRY! WHAT A BLESSING TO SO MANY!! - Kathy Fleming, PT, CLT-LANA, CLM, CLL

Thank you for creating Healthy-Steps. The day I returned to work from the training I did an initial evaluation on a post Mastectomy woman with pain and decreased Range of Motion in her arm. For my first treatment I had her do the swim step, the supreme's and showgirl, after the Lymphatic Opening. She smiled and loved the session. I was excited to try some things I learned and feel very encouraged to get a group going. - Baylor Medical Center



### Cancellation Policy

The registration fee paid for The Lebed Method/Healthy-Steps online Certification Training workshop is non-refundable.

**Healthy-Steps is offered in over -900 locations worldwide.  
Join us today, and take a step towards a great career.**

Healthy-Steps is now a worldwide Organization providing  
unique wellness programs for special populations  
There are over 18,000 Healthy-steps classes a week  
somewhere in the world today, let one of them be yours!