HEALTHY-STEPS INSTRUCTOR CERTIFICATION 2020

Instructor Certification Training Workshop

Registration Package

This training is approved for Continuing Education CEU’s or CEC’s by

The American Occupational Therapy Association, Inc. (AOTA)

American College of Sports Medicine (ACSM)

National Commission for Health Education Credentialing, Inc. (CECH)

and

National Certification Council for Activity Professionals (NCCAP)



AOTA does not endorse specific course content, products, or clinical procedures. Our AOTA approved provider number is 6261 and 15 hours of CEUs will be awarded upon successful completion of the workshop.



The American College of Sports Medicine’s Professional Education Committee certifies that “Healthy-Steps/Lebed Method” meets the criteria for official ACSM Approved Provider status from 2019-December 2022. Approved Providers and their content reflect the concepts of their respective organizations and do not necessarily represent the positions or policies of ACSM. Providership #781777. Up to 15 hours approved for CEUs.



Healthy-Steps/Lebed Method is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health EducationSpecialists (CHES) and/or Master Certified Health Education Specialists (MCHES) for 15 hours.

**WHAT IS HEALTHY-STEPS?**

There are more than 2.5 million Breast Cancer survivors living today and on the average, approximately 203,000 more people will be diagnosed every year in the United States. Because survivors are living longer, there is a greater need for increasing the quality of life for these survivors, and the Lebed Method is an important part of this process. Healthy-Steps, Moving you to better health with the Lebed Method, was co-founded by Sherry Lebed, a professional dancer and Doctors Marc and Joel Lebed, gynecological surgeons. It is a medically based program with published studies on the positive effect of the program with Cancer survivors especially those having or at risk for lymphedema as a result of their therapy.

10,000 Americans are turning 65 each day, and we are quickly approaching a point where the number of people 65 and over will outnumber children 15 and under. 88% of Americans over 65 years of age have at least one chronic health condition. More than 90% of the 60-plus population wants to stay living in their home as they get older. Healthy-Steps promotes wellness by improving mobility, flexibility and energy levels.

Each year, hospitals see thousands of older patients for broken hips due to falling. Balance exercises can help avoid injuries from falls and keep seniors independent and mobile. Healthy-Steps has two Studies published in the Administrative Nursing Journal showing that the program helped prevent seniors falling by improving balance and gait. The Administration on Aging as approved this program as evidence-based at the intermediate level and we can produce evidence that we qualify for the highest level.

Since 2000, Healthy-Steps has proven to be helpful for individuals coping with conditions such as:

* All types of cancer for men and women
* Upper & lower Lymphedema
* Those suffering from any chronic illness (Chronic Fatigue Syndrome, Muscular Dystrophy, Fibromyalgia, Parkinson Disease, MS, etc.)
* The elderly or anyone having difficulty with mobility, posture and energy levels
* Weak immune system
* Autism
* Dementia

**BENEFITS OF HEALTHY-STEPS**

Healthy-Steps takes traditional physiotherapy movements out of the clinical setting and translates them into dance and exercise language, providing a more motivating environment. 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 participants progress through the Healthy-Steps program, most will see significant improvement in the following ways:

* Increase overall range of motion
* Increase upper body mobility
* Decrease risk of Lymphedema & reduced swelling
* Reduction of frozen shoulder
* Improved overall posture
* Increased positive body image
* Elevated self-esteem
* Regain sensuality
* Decreased depression
* Increased flexibility and strength
* Improved quality of life

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.

**Who is appropriate for Healthy-Steps Certification Training?**

There are no prerequisites to participate in the Healthy-Steps Certification Training

* Medical Doctors, Nurse Practitioners
* Nurses
* Occupational Therapists
* Physical Therapists
* Lymphedema Therapists
* Massage Therapists
* Dance Therapists
* Mental Health Professions
* Fitness Instructors & Personal Trainers
* Breast Cancer Survivors
* Activity Directors
* Recreation Therapists
* Anyone wanting to bring Healthy-Steps to their community

**Bio of the instructor**

Bonnie Vermillion used The Lebed Method after developing lymphedema in 2002. She became an instructor in 2007 and a trainer of instructors in 2010, a trainer of trainers in 2014. In July 2014, she acquired all rights to the Healthy-Steps program. All of her training has been under the direction of Sherry Lebed Davis, co-founder and past President of Healthy-Steps. Bonnie teaches 4-8 Healthy-Steps classes a week. Bonnie is certified by the American Council on Exercise (ACE) as a group instructor and has the advanced certification from the American Senior Fitness Association as a group instructor. She also has been certified as an Arthritis Aqua Instructor by the Arthritis Foundation. She has worked with assisted living residents for twenty years in long term care facilities. For the past several years she has worked with Aging Together, an advocacy group, making presentations on Falls Prevention. Bonnie is also an American Red Cross CPR instructor, a volunteer ombudsman, an Alzheimer’s Support Group facilitator, and has been an American Cancer Society CAN committee member for the Relay for Life. She was one of the first to use Healthy-Steps in an aqua setting and is the presenter on the Healthy-Steps aqua instructional video. She has an Associate’s Degree in Gerontology and a Bachelors of Arts in Sociology. She believes in Healthy-Steps to the point of purchasing the program mid 2014.

**Instructor Training**

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 medical centers and hospitals, exercise and fitness centers, dance and yoga centers, religious centers, Senior Centers, and long term care facilities.

Healthy-Steps certification provides you with access to everything you need to begin and grow a successful Healthy-Steps program.

Instructor certification includes technical training, as well as access to marketing resources and how-to guides, promotional materials and licensed merchandise. The material will be presented via lecture, demonstration and required class participation. There is a practical and a written exam on the second day. A passing score of 70% is required. As a Healthy-Steps instructor, you will also have access to a world-wide network of Healthy-Steps Instructors, providing each other with guidance, expertise and encouragement.

**Training Objectives**

The participant by the conclusion of the class will be able to:

1. Identify the physiology of Lymphedema as it pertains to Breast Cancer and the immune system.

2. Identify appropriate exercise interventions for Lymphedema.

3. Explain the importance of compression garments for lymphedema.

4. Choose specific exercises that can be done sitting or standing to address commonly found

deficits in persons with chronic conditions

5. Arrange a variety of exercise routines to music for group of persons with chronic conditions.

6. Demonstrate the Healthy-Steps 10 Lymphatic upper opening movements.

7. Explain the physiological affect of music on the body and mind.

8. Be able to lead a Healthy-Steps exercise group program addressing commonly found precautions for persons with assorted chronic conditions

**Hours of Training and Requirements for Certification**

Both days of training begin at 8:30 promptly and end at 6:00pm. There will be homework assignments given. There is a practical exam on the second day that you must pass with at minimum of 70%. There is a take home written exam that must be mailed back to the instructor within one week that must be passed with a minimum of 70%. You must attend the entire class and complete all assignments in order to qualify for certification. CPR certification must be obtained either prior to the class or before teaching a Healthy-Steps class. Upon completion of the Healthy-Steps Certification training and passing the exams, you will be approved to teach the program until January of the following year. A Certification Fee will be due by January 15th to maintain your active status and inclusion on the Instructor Directory. The annual license fee is currently $175.00. For those certified in the preceding year, a pro-rated fee will be due. Each year you recertify, you will have exclusive access to the Teacher Only site on the www.gohealthysteps.com web site. You will also receive each year 10 new routines with new music selections, continued support from Healthy-Steps staff, newsletters, and the right to attend any Instructor training at no charge until 2020. Certification is non-transferable; it cannot be obtained by one person and then transferred to another.

After the first year, you must complete 10 continuing education hours per year which can include home-study courses, hospital or fitness workshops on a general topic related to Healthy-Steps (such as lymphedema, Physical Rehabilitation, Oncology, Geriatric Health Care, Chronic conditions, etc.) You must complete and submit an annual questionnaire. This is a very important tool to help identify what is working well and what can be improved or enhanced.

**TOPICS COVERED DURING 2 DAY TRAINING**

History and background of The Lebed Method/Healthy-Steps, Lymphedema and other chronic conditions, Exercises appropriate to Lymphedema and other chronic conditions, Opening and Closing exercises, Ball exercises, Balance exercises, Running a Class, Appropriate Music, Required and recommended forms, Instructor guidelines on being an educator, Marketing, Where to go for help and product sources, and many other. The training schedule will be provided upon request.

**Lymphedema Therapist Training (CLL)**

If you are a Lymphedema Therapist you will receive an additional training during lunch on one day. Please note this professional designation on your registration for the class.

**Occupational Therapist Training**

This program is considered an introductory class.

**REGISTRATION INFORMATION**

The 2-day registration fee is listed at $450-$650 depending on the location. Credit cards, checks and money orders made out to BEV, LLC are accepted. There will be $30 charge for returned checks. Study materials will be sent out upon receipt of the full amount. Reviewing these study materials will make the class much more understandable and easier. Registration and payment is due according to the flyer. This fee does not routinely cover meals, lodging or transportation.

This fee does cover the instruction, the manual/workbook, Thriving after Breast Cancer book by Sherry Lebed Davis, one DVD that demonstrates some of the exercises, one year of exercises, and supplies for the exercises during the training. This fee also covers the first twelve months certification fee currently set at $175.00.

You are encouraged to bring fast and slow music that you enjoy and/or that you think your target audience will enjoy. I will bring a CD player but if your music is not on a CD, you must bring a means to play it so it is audible to a group. You will need to practice to music as part of your evening homework.

**CANCELLATION POLICY**

Cancellation by Applicant: Payments are non-refundable. If you cancel at any time after registration fee payment or deposit has been processed, you will be issued a credit only, minus a $25.00 administrative fee, which can be applied toward a future training workshop that I teach within one year. If you cancel after receiving our training materials package, we will deduct the $25 plus an additional $75 to cover the cost of materials and shipping.

Cancellation by Trainer: It is rare for a Trainer to cancel an event, but it can happen due to catastrophic events. All students are advised to purchase flight and travel cancellation insurance in the event that this may occur. If the trainer cannot accommodate applicants in a future training, then the trainer will issue a refund for the registration fee-minus a 15% administration fee

**CONTACT INFORMATION FOR THE HEALTHY-STEPS PROGRAM**

Bonnie Vermillion [bonnired@comcast.net](mailto:bonnired@comcast.net) 540-547-4824

BEV, LLC 16332 Norman Road, Culpeper VA 22701 USA

**REGISTRATION AND PAYMENT FORM**

NAME (FIRST/LAST):

MAILING ADDRESS

HOME PHONE: CELL PHONE

EMAIL:

HOW DID YOU HEAR ABOUT HEALTHY-STEPS/THE LEBED METHOD TRAINING?

WHICH TRAINING WOULD YOU LIKE (BY LOCATION)?

ARE YOU A LYMPHEDEMA THERAPIST? SPECIALTY?

WILL YOU BE REQUESTING CEUS/CECS FOR THIS WORKSHOP?

IF YES, FROM WHAT ORGANIZATION?

ARE YOU AN EXERCISE PROFESSIONAL?

SPECIAL REQUIREMENTS? (MEDICAL CONDITIONS, FOOD ALLERGIES, ETC.)

PAYMENT OF FULL AMOUNT

\_\_\_\_\_\_\_\_\_CHECK TO BEV, LLC, 16332 NORMAN RD, CULPEPER VA 22701

\_\_\_\_\_\_\_\_\_PAYMENT WITH A CREDIT CARD. CC #

EXP DATE: CODE:

ADDRESS OF CARD IF DIFFERENT THAN ABOVE:

CALL IF YOU PREFER NOT TO MAIL CREDIT CARD INFORMATION.