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By Claudia Cheyne-Cook, CLMT, WAC Instructor

# From surviving to thriving

## The Lebed Method at the WAC

For people who are surviving or in treatment for cancer, dealing with a chronic disorder (like arthritis, multiple sclerosis, fibromyalgia or chronic fatigue), or recovering from an illness, injury or surgery, exercise can be intimidating. As they struggle along the oftentimes difficult road toward strength and wellness, there are many factors they must keep in mind when considering an exercise program:

*What program will take my medical profile of treatment, surgery and stage of recovery into consideration? What program is knowledgeable about the many surgeries and some of the unintentional consequences of cancer like lymphedema? What certification program prepares its instructors to be aware of, and sensitive to, the emotional ramifications of surviving my illness, my pain, my struggle to acclimate myself to my changed body, and perhaps my reduced sense of sexuality?*



REGAN MACSTRAVIC

Lebed participants take charge of their health.

### WHAT MAKES THE LEBED METHOD UNIQUE

Addressing all of these concerns, the Lebed Method is an internationally recognized, medically based therapeutic program that promotes well-being and joy, thus transforming class members from survivors into thrivers. Developed in the 1980s by two surgeons and a dance professional, Lebed leaves boredom and mechanics behind by integrating physiotherapeutic-approved jazz and ballet movements, resistance band exercises, exclusive lymphatic opening movements, and the healing elixir of laughter into a workout that delivers.

Lebed gently launches participants to higher levels of lifestyle wellness in order that they live a life of quality. And it offers equality: Lebed is also beneficial to seniors, pregnant women, nursing mothers and simply anyone who desires a gentle full-body workout.

### FEATURES AND BENEFITS OF THE LEBED METHOD

- Offers a fusion of medically approved exercise movements and music in a fun, supportive group format of like-experienced individuals.
- Provides therapeutic results to the broader recovering community in one class that addresses mind, body and spirit.
- Gives special attention to the lymphatic system, supporting the immune system for optimal health.
- Integrates the body's intelligence to reestablish the mind/body connection, releasing the stress and trauma created by the experience of surgery, life-threatening illness and chronic disorders.
- Gives participants experiential proof positive that the body can, once again, be used as an instrument of joy.
- Is led by a licensed instructor.

▶ **Join in!** Lebed Method classes are Tuesdays and Thursdays at 11 am in 4th Floor Studio B. All are welcome. 📍