



# Healthy-Steps Newsletter for the public

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\*Designed by Elena Gaynes, Creative Director at Healthy-Steps

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## MESSAGE FROM SHERRY

Hello and welcome to the 4th edition of the  
**Healthy-Steps** Newsletter to our Public Audience.



Summer is here and we are outside walking and thinking of how we can begin an exercise program for ourselves. However not all of us are ready to do the 'exercise programs' that are being offered. As you read the many articles in our newsletter you will understand that exercise is important not only for your general physical health but also your emotional well being.

So where is the solution in finding the perfect exercise program for you? Healthy-Steps! This program was designed to start you in an easy to do, sitting or standing, safe, fun with great music program. You will be surrounded by others who do not compete with one another but are there to support each other and to do as much or as little as they can and work to their individual needs. Led by certified and licensed instructors, you are guided through an amazing program to improve your immune system, range of motion, frozen shoulder, reduce swelling, increase flexibility, increase energy, decrease depression, energy, increase your balance, and so much more. This is a medically proven program with a Medical Director at its helm. To find a class near you just go to [www.gohealthysteps.com](http://www.gohealthysteps.com) and click 'find a class'. Then enter your zip or postal code. Click on the class nearest you that comes up. That easy to begin your new life! You will love it, the friends you meet in the class and your Healthy-Steps instructors. Try it, **just for the 'health of it'!!!**

Sincerely,  
Sherry

## Quick Links

[www.gohealthysteps.com](http://www.gohealthysteps.com)

[www.amoena.com](http://www.amoena.com)

[www.juzo.com](http://www.juzo.com)



The group of us who created <http://www.stepup-speakout.org/> have recently been fielding a lot of questions about why women don't wear compression garments.

Please visit this website and fill out their questionnaire if you have had Breast Cancer.

## BECOME A HEALTHY-STEPS / LEBED METHOD INSTRUCTOR



Want to improve the lives of others, while improving your own life and financial well-being? Then becoming a Healthy-Steps/Lebed Method Instructor is for YOU! This program is a perfect addition for medical centers and hospitals, exercise and fitness centers, dance and yoga centers, etc.

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

[Click Here](#) for our **FREE** informational packet.

## VISIT OUR YouTube VIDEOS



### You Tube Comments

I was in severe pain from frozen shoulders for almost a half year and it was getting worse. I practice your exercises on YouTube for two weeks now and I'm almost PAIN FREE!!  
**THANK YOU VERY MUCH FROM HOLLAND!**

[Click Here](#) for our **YouTube VIDEOS**

### ***Self-management Program***

### ***Beneficial for Arthritis***

Posted 6/17/08



This article was adapted from a press release issued by EULAR.  
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A new two-week program significantly reduces health-care visits, pain scores and health distress in arthritis patients with chronic pain. Results were comparable to existing six-week self-management programs and the benefits of the program were sustained for six months with improvements continuing up to a year later, according to researchers.

Devised by the UK charity Arthritis Care and pain specialists at Derriford Hospital, Plymouth, UK, the "Challenging Pain" program enrolled 186 patients into 18 workshop groups. Each workshop consisted of two half-day sessions on consecutive weeks, with tutorship on a range of pain management techniques, including relaxation, stress management and exercise, as well as strategies for managing fatigue.

The program's effectiveness was assessed by questionnaires and focus group discussions with the course participants at 6 and 12 month follow-up. Pain scores, doctor visits, health distress and self-efficacy all improved. All results were sustained at 6 months' follow-up and continued to improve at 12 months.

Janet Cowlard, who led the study in conjunction with physicians at Derriford Hospital, said: "We devised this programme to try to ease the burden of chronic pain in patients with arthritis and other long-term pain conditions, whilst offering a faster and more cost effective management approach. Our new programme, which was offered free of charge to patients, equipped them with the practical skills and techniques to help combat their pain, whilst also giving them an empowering sense of control and confidence in their own disease management. Achieving sustained results 6 and 12 months after a short course offers great promise for both arthritis patients and healthcare providers alike. Arthritis Care has now begun a UK-wide rollout of the programme, and a similar roll-out is beginning in Australia. We are delighted to share our results at the international forum of EULAR, as centres across other countries might be similarly inspired by our results" This is why Healthy-Steps exercise program is so important for Arthritis Patients, our program is slow, smooth with resistance and perfect for your recovery.

## Loneliness is Bad for Your Health



### *Loneliness is Bad for Your Health*



Two University of Chicago psychologists have been trying to disentangle social isolation, loneliness, and the physical deterioration and diseases of aging, right down to the cellular level.

The researchers suspected that although the toll of loneliness may be mild and unremarkable in early life, it accumulates with time. To test this idea, the scientists studied a group of college-age individuals and a group of older adults.

Their findings, reported in the August issue of *Current Directions in Psychological Science*, are revealing. Consider stress, for example. The more years you live, the more stressful experiences you are going to have: new jobs, marriage and divorce, parenting, financial worries, illness. It's inevitable.

Not surprisingly, the lonelier people reported more daytime dysfunction. Since sleep tends to deteriorate with age anyway, the added hit from loneliness is probably compromising this natural restoration process even more.

Loneliness is not the same as solitude. Some people are just fine with being alone, and some even see solitude as an important path to spiritual growth. But for many, social isolation and physical aging make for a toxic cocktail.

Healthy-Steps program shows to 'improve the Quality of Life' for participants and our social interaction during our program and group 'togetherness' relieves loneliness.

***This summary was adapted from a press release issued by the Association for Psychological Science.***

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### ***Dance Therapy Improves Seniors' Gait, Balance, MU Researcher Finds***

**Story Contact:**  
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(573) 882-3346**



**[Click here for the Video](#)**

***Find the complete STUDY in  
Nursing Administration Quarterly***

***or [click here](#) for a direct link to it.***

In 2008, Krampe and MU researchers conducted a six-week pilot study with the Alexian Brothers PACE Program (Program of All-inclusive Care for the Elderly) in St. Louis. More than half of the eleven participants self-reported improvements in gait and balance. TLM, also called Healthy Steps, was created by Shelley Lebed Davis and her two brothers who sought to improve range of motion and boost the spirits of their mother who was recovering from breast cancer. After seeing successful results, they shared the program with hospitals. Today Healthy Steps is used by many cancer patients and in nursing homes worldwide. The MU study is the first to examine the benefits of the program among seniors. The first study, "Dance-Based Therapy in a Program of All-Inclusive Care for the Elderly," recently was published in Nursing Administration Quarterly.

Jean Krampe, a registered nurse and doctoral student in the Sinclair School of Nursing, is passionate about working with older adults.

COLUMBIA, Mo. - For seniors, dancing isn't just for fun; it also can be therapeutic. Two recent studies conducted by University of Missouri researchers found that participation in dance-based therapy can improve balance and gait in older adults. Improved functionality among seniors can decrease their risk of falling and reduce costly injuries.

"Creative interventions such as dance-based therapy have the potential to significantly reduce falls in older persons," said Jean Krampe, a registered nurse and doctoral student in the Sinclair School of Nursing. "In the studies, we found improved levels of balance, gait and overall functionality among seniors who participated in regular dance-therapy sessions. Nursing and eldercare professionals can help move these programs into practice to reduce the detrimental burden caused by falls."

The researchers used a dance-therapy program called The Lebed Method (TLM), which includes a combination of low-impact dance steps choreographed to music. Sessions were led by certified TLM instructors and adjusted to fit the specific needs of the seniors who participated.

The most recent study was conducted with residents at TigerPlace, an independent-living community developed by MU nursing researchers to help seniors age in place. The study included 18 dance sessions offered throughout a two-month period. Participants reported that they enjoyed the sessions and wanted to continue the program.

"We found that many seniors are eager to participate and continue to come back after attending sessions because they really enjoy it," Krampe said. "Among seniors that stand up and move during sessions, we found that dance therapy can increase their walking speed and balance, which are two major risk factors for falling."

## Boost your Brain Power!



### There are several ways to increase your brain power:

#### 1. Sleep

If you get a least 6 hours of sleep a study in the journal learning and memory suggest, it may help your brain consolidate and organize information, so that it comes back to you correctly, so make sure you get enough sleep.

#### 2. Snack on nuts

Nuts of all kinds are full of magnesium; a mineral linked to improvements in short and long term memory. A handful of almonds or cashews will increase 25 % of your daily requirement. According to research from MIT and Tsinghua University in Beijing, magnesium seems to promote new connections between brain cells (from Health Now.)

#### 3. Healthy-Steps Brain Exercises

In the Healthy-Steps program we give 'brain exercises' to stimulate to short term and long term memory. Not only do we encourage the body physically in our classes but also the mind. More studies are being done with exercise and long and short term exercising for seniors, try it.

Brain Exercises, great for you!!! Aging and brain health is a topic of great interest as the golden adult population in the United States continues to grow. It is estimated that the number of Americans aged 55 and older will almost double between now and 2030, from 60 million (which is 21% of the total US population. Women who reach age 65 today have an average life expectancy of 83 while men who make it to 65 can anticipate living another 16 years, for an average life expectancy of 81 years. (Experience Corps 2009) Healthy-Steps works on 'brain exercises', coordination, timing and mind thinking combinations, great way to increase using your clients brain function. The fraction of leisure time that older people spend socializing for example, visiting friends, or attending social events, modestly declines with age, from 13% for those 55-64 to 10% for those aged 75 and older. What a better way for socialization than a Healthy-Steps class!



## MESSAGE FROM JUZO



A bill has been recently introduced that would require Medicare to cover the cost of compression garments and Lymphedema treatment. The goal of the bill is to expand patient care reducing infections and disabilities, which would minimize health care costs. We urge all readers to get involved now by going to our Juzo USA website to fill out the Lymphedema Support sample letter and contact your local representative.

Juzo and Healthy-Steps are partners dedicated to educating and helping patients on the prevention and management of Lymphedema. For over 100 years our family company has manufactured compression therapy garments. Our products help restore the freedom to maintain active lifestyles, and make day-to-day living more enjoyable. We offer patients with Lymphedema a full range of arm sleeves and gauntlets in a variety of styles and colors.

For more information about Juzo products and Lymphedema, go to [www.juzousa.com](http://www.juzousa.com) or [www.mylmphedema.com](http://www.mylmphedema.com).

## MESSAGE FROM AMOENA



Hello to All Healthy Steps Family!

We are very proud and so excited to announce to you our new sponsor:

**Amoena the leader in Breast form Prosthetics** and a wonderful

addition to the Lebed Method. You will be receiving their fabulous magazine which we would like for you to look at, read, and see if you would like to order more to give out to your class members. If so, please email us and we will have packets sent you for distribution. They contain great information for you, your classes and patients. Another wonderful thing about Amoena is their informational Breast Cancer website: [TheBreastCareSite.com](http://TheBreastCareSite.com), please visit this site and see what I mean, it is awesome!

### Who is Amoena?

Amoena is a Latin word meaning "The Beautiful the Lovely"

Amoena is the world wide leader in post-breast surgery products. They have been leaders in breast form innovation for over 30 years, designing products to fulfill the ever-changing needs of women after breast surgery.

Amoena's mission is to provide a better quality of life for women following breast surgery by fulfilling their need for femininity, to restore a positive body image and renew confidence and self-esteem. Their innovative products help restore balance, symmetry and confidence after any type of breast surgery.

Amoena's product line includes breast forms for mastectomy, partial shapers for lumpectomy or reconstruction, intimate apparel and swimwear; all specially designed to hold a breast form or symmetry shaper in place.

The product line also includes an innovative post surgical camisole with drain management properties. It is designed to help the patient feel more comfortable, confident and secure when leaving the hospital and for the first weeks after breast surgery.

### For great articles for you to read:

<http://www.thebreastcaresite.com/tbcs>

## IMPORTANT FACTS ABOUT WATER BOTTLES



From Dr. Marc Lebed

I know you are aware of which water bottles are safe and which are not by now and yet I see so many take their 'cascade', 'sparkling rain' and other water bottles grab them and go off for a whole day and longer. They leave them in their cars, hang out with them all day, and then keep drinking from them. Just like my sister when we were playing golf, she kept her 'Crystal Geyser' bottle of water with her in the golf cart all day drinking, then when we were finished our 18 holes instead of tossing it, she brought it with her in my car to take home. I said "what is that", she said "I want to finish the rest of my water", "not in this life time", I said, "throw it away now". You see the sun put enough plastic chemicals in that water to do damage to her than any good drinking water could possibly do. Just a little warmth, a little melt and it is a done deal. Get rid of those plastic drinking bottles and if you do grab and go with one, only keep them on you for an hour or so and that is it! Those plastic water bottles are only meant for a fast, easy trip to drink not a whole day adventure. Drink lots of water, stay hydrated but do it safely!

## EXERCISE DURING AND AFTER TREATMENT

### THURSDAY, May 27 (HealthDay News)



Exercise during and after treatment improves quality of life and eases fatigue for patients battling either breast or prostate cancer, a new study finds.

"Using exercise as an approach to cancer care has the potential to benefit patients both physically and psychologically, as well as mitigate treatment side effects," study lead author Dr. Eleanor M. Walker, division director of breast services in the department of radiation oncology at Henry Ford Hospital in Detroit, said in a statement.

Walker and colleagues created a program called EXCITE that encouraged 30 female breast cancer patients and 20 prostate cancer patients to collaborate on individualized exercise programs. The researchers followed the patients, aged 35 to 80, during their treatment and for a year afterward.

Before patients joined the exercise program, the hospital's cardiology division evaluated their skeletal muscle strength, endurance and capacity for exercise. Staff also examined patients' weight, overall health, and type of cancer treatment, as well as doing blood work, bone density screens, metabolic screenings and workups for inflammatory "markers."

"Exercise is a great alternative to patients combating fatigue and nausea who are considering using supplements which may interfere with medications and chemotherapy they're taking during cancer treatment," Walker concluded. She is slated to present the study June 7 at the annual meeting of the American Society of Clinical Oncology in Chicago.

SOURCE: Henry Ford Health System, May 21, 2010, press release.

## Healthy-Steps Cooking Corner



### Easy summer salad

#### INGREDIENTS:

Fresh organic spinach  
Organic mango  
Organic apple  
2 T. Olive oil  
1 T. Apple Cider Vinegar  
2 T. Sesame seeds

**SOURCE:** Elena  
*Creative Director at  
Healthy-Steps*



Cube the apples and mangoes. Place in a big bowl.  
Add the spinach, olive oil and vinegar.  
Mix well and sprinkle with sesame seeds.

## Healthy-Steps Instructors Comments

Healthy-Steps program, is a wonderful tool to use with so many people! My patients and my classes just love it. We have seen those who could hardly walk at one point, begin to not only walk again, but DANCE!!.

Kim WA Instructor



JOIN A HEALTHY-STEPS CLASS IN YOUR AREA TODAY, DO NOT WAIT!!!



Sherry Lebed Davis

**Healthy-Steps**

Moving you to better health with **THE LEBED METHOD**

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**"You can choose to sit it out, or you can choose to dance with us"**

Blog: <http://www.gohealthysteps.blogspot.com/>

LinkedIn: [www.linkedin.com/in/lebedmethod](http://www.linkedin.com/in/lebedmethod)

Twitter: [www.twitter.com/HealthySteps](http://www.twitter.com/HealthySteps)

YouTube: [www.youtube.com/LebedMethod](http://www.youtube.com/LebedMethod)

Facebook: <http://profile.to/sherrylebeddavis>