



Healthy Steps™ - Movement and Meditation Programs

Intended Audience

All members including people living with cancer, family members and significant caregivers.

Program Description

Healthy Steps™ blends the joy of dance with therapeutic exercise, gently moving participants toward physical and emotional wellness. Proven to help enhance the well-being of those living with cancer, the Healthy Steps™ program offers a light-hearted, nurturing atmosphere with a strong sense of community. Self-expression and infectious music result in equal parts fun and fitness. To find out more about the Healthy-Steps™ program, go to www.healthydance-exercise.com.

Benefits and Impact

The benefits of exercise have long been celebrated and research supporting exercise for cancer survivors is broad and comprehensive. It is well documented that physical activity can improve physical functioning, fatigue management and overall quality of life. Other benefits of this program include:

- stimulates endorphins, increases energy levels and fights depression
- builds strength, flexibility, endurance and balance
- opens the lymphatic system and improves range of motion after surgery
- helps enhance the well-being of people with cancer
- improves body image and self esteem

What to Expect at a Session

Sessions begin with gentle, rhythmic movements that open and promote a healthy lymphatic system. Dance routines of varying paces follow, from line dancing and folk dancing to cha-cha and jazz. Thera-Band® and range-of-motion exercises are incorporated into the class, and each finishes with a cool-down. The sessions are customized, so all participants can enjoy moving to music at their own pace, even sitting down. PAR-Q+ / PARmedX forms required (download from website).

Participant Comments

“As someone with lymphedema, this is a great place to talk to others about it and learn about the lymphatic system from a great facilitator. It is invaluable to me.”

“I absolutely love this class. It should be called Healthy Steps: Laughter Therapy.”

“This program helps my coordination, balance and attitude toward health in general.”

What the Research Says:

Research shows that being more active as a cancer survivor can lead to a number of benefits. Physical activity is a safe and effective intervention throughout all stages of disease. It has been reported to improve management of cancer related stressors and side effects (Courneya et al., 2007; Jones et al., 2010; Courneya et al., 2003; Knobf et al., 2007).

Program Frequency:

1 hour per week
15 weeks per program
1 program per session
 Winter, spring/summer, fall

Optimum Class Size: 16

Related Programs:

Exercise and Educate
 Moves in Rhythm
 Qigong
 Tai Chi
 Tango

