HEALTHY-STEPS INSTRUCTOR CERTIFICATION 2020

Online Instructor Certification 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. (NCHEC)

and

National Certification Council for Activity Professionals (NCCAP)



AOTA does not endorse specific course content, products, or clinical procedures.

Our AOTA provider number is 6261 and 15

hours of continuing credit are offered upon completion of this course.

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. Providership #781777. Approved Providers and their content reflect the concepts of their respective organizations and do not necessarily represent the positions or policies of ACSM.

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 Education Specialist(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 instructors**

**Sherry Lebed Davis** is the trainer leading the new instructor workshop in the video which constitutes the entirety of the training. Sherry Lebed Davis is the co-founder of the program and was President of the Healthy Steps and The Lebed Method, Inc. until 2014. She developed both the land and online training courses for new instructors and trained most of the current Healthy-Steps instructors. She is considered one of the foremost authorities on the use of movement and therapeutic exercise for the healing and prevention of complications from breast cancer surgery, other cancers, lymphedema and related treatments. She authored the book, Thriving after Breast Cancer and produced two videos regarding her therapeutic exercise program. She has appeared on countless TV shows and has been keynote speaker for many events including Susan G. Komen Cruise for the Cure and Oncology Forum for Boston Mass.

**Bonnie Vermillion**, CLMT is now the owner of the Healthy-Steps program and was trained by Sherry Lebed Davis to be an instructor in 2007 and a trainer of new instructors in 2010. She acquired the program in 2014 and her company BEV, LLC now manages the program. Bonnie will be available throughout the course to answer questions.

**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. 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**

1. To identify the anatomy and physiology of Lymphedema as it pertains to Breast Cancer and the immune system.
2. To be able to identify appropriate exercise interventions for Lymphedema and other chronic conditions.
3. Understand the importance of compression garments for lymphedema.
4. To be able to develop specific exercises that can be done sitting or standing to address commonly found deficits in cancer survivors and geriatric populations.
5. Develop a variety of exercise programs to music for geriatrics and cancer survivors.
6. Demonstrate the Healthy-Steps 10 Lymphatic opening movements
7. Have an understanding of the physiological affect of music on the body and mind.
8. Be able to lead a Healthy-Steps exercise program addressing commonly found deficits in geriatric, persons with many of the chronic conditions, and cancer survivors.
9. Demonstrate and give examples of use of Healthy-Steps with treatment of deficits commonly occurring with geriatric and cancer survivors.

**Physical and Occupational Therapist Training**

This program is considered introductory for therapeutic exercise.

**Hours of Training and Requirements for Certification**

The online program is a series of videos from one of the trainings done by the co-founder, Sherry Lebed Davis. You will have three months to finish the program. Upon receipt of payment, you will be sent the study material. You should begin this portion immediately. The second segment will begin upon completion of the online test covering the videos. This second segment can be done by you submitting a video of yourself doing an exercise assignment that is given to you or can be done using SKYPE.

CPR certification must be obtained either prior to the class or before teaching a class. Upon completion of the Healthy-Steps Certification training and passing the exam, 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 Teacher’s Directory. The annual license fee is $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 a new one year lesson plan 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.

Future years: Completion of 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 ONLINE 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, where to go for help and product sources, and many others

**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.

**REGISTRATION INFORMATION**

The basic class is $400.00. If you have no experience there is a supplementary required segment for $100. This segment requires completion of an assignment by video or skype interaction. 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. This fee does cover the instruction, the manual/workbook, Thriving after Cancer book by Sherry Lebed Davis, one DVD that demonstrates some of the exercises, and one year of exercises. This fee also covers the first twelve months certification fee currently set at $175.00 and not expected to increase.

You are encouraged to find fast and slow music that you enjoy and/or that you think your target audience will enjoy. You will need to practice to music as part of your 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.

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

Bonnie Vermillion

BEV, LLC 16332 Norman Road, Culpeper VA 22701 USA

[bonnired@comcast.net](mailto:bonnired@comcast.net)

540-547-4824 or toll free 844-99STEPS

**REGISTRATION AND PAYMENT FORM FOR ONLINE TRAINING**

NAME (FIRST/LAST):

MAILING ADDRESS

HOME PHONE: CELL PHONE

EMAIL:

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

DO YOU HAVE EXPERIENCE TEACHING EXERCISE, DANCE, OR MUSIC?

IF YES, DOCUMENT

ARE YOU A LYMPHEDEMA THERAPIST? SPECIALTY?

WILL YOU USE THIS CLASS FOR PROFESSIONAL CEUS?

FROM WHAT ORGANIZATION?

ARE YOU AN EXPERCISE PROFESSIONAL?

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

PAYMENT OF FULL AMOUNT OR DEPOSIT

\_\_\_\_\_\_\_\_\_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.