



# HealthySteps™ Instructor Certification

Moving you to better health with the **Lebed Method**

## INSTRUCTOR CERTIFICATION TRAINING WORKSHOP REGISTRATION PACKAGE

PLEASE CHECK THE CALENDAR AND SEE  
WHO YOUR TRAINER IS BEFORE SENDING PAYMENTS

***Training workshops are taught by any one of the following  
Certified Lebed Method Trainers (CLMT):***

- Sherry Lebed Davis, CLMT/MT, Founder & Master Level Teacher
- Lise Houle, CLMT/MT - Master Level Teacher
- Rebecca Boomershine, CLMTA
- Diane Ouellette, CLMTA
- Linda McDonald, CLMTA
- Heather Ruck, CLMT
- Kim Thornton, CLMT
- Julia Williams, CLMTA

***The Lebed Method is a Provider for AOTA CEUS***



**APPROVED PROVIDER of  
CONTINUING EDUCATION**

by The American Occupational  
Therapy Association, Inc.



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## INTRODUCTION

### WHAT IS HEALTHY-STEPS?

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There are more than 2.5 million Breast Cancer survivors living today and on average, approximately 203,000 more people will be diagnosed every year in the United States alone. Because survivors are living longer, there is a greater need for increasing the quality of life for these survivors, and the Lebed Method began as an important part of this process. The Lebed Method, Focus on Healing Through Movement and Dance® was created and continues to be developed by Sherry Lebed Davis and Dr. Marc Lebed in 1989. It is a medically based program with two published studies and more on the horizon. The program is recommended by many national cancer organizations and is currently being taught in more than 700 hospitals and centers. We currently have over 600 Certified Instructors in the United States and in more than 12 countries (including: Canada, Mexico, United Kingdom, South Korea, South Africa, Bahamas, Turkey, England, Australia, Puerto Rico, and Indonesia). This 6 to 8 week therapeutic exercise program was originally designed for women who have had breast surgery, node dissection, radiation or chemotherapy.

***In 2009 The Lebed Method became Healthy-Steps, moving you to better health with the Lebed Method to move further into a servicing a larger population of people.***

### HOWEVER, SINCE 2000, HEALTHY-STEPS HAS PROVEN TO BE HELPFUL FOR INDIVIDUALS COPING WITH OTHER CONDITIONS, SUCH AS:

- All types of cancer for men and women.
- Upper & lower Lymphedema to reduce swelling & increase quality of life.
- Those suffering from any chronic illness (i.e., Chronic Fatigue Syndrome, Muscular Dystrophy, Fibromyalgia, Parkinson Disease, MS etc.) .
- The Lebed Method exercises can be done sitting in a chair or from a bed.
- The elderly or anyone having difficulty with mobility, posture and energy levels.
- A wellness program done on land and in water.
- A program for those who are pregnant.
- A program for children with cancer, Lymphedema, chronic illness and emotional Disabilities.
- Now a Maternity Program
- Healthy-Steps in the Water
- Healthy-Steps with Autistic Population
- Diabetes
- And Healthy Seniors
- A wellness program
- And much more...

With two published studies, two medical abstracts, and more on the horizon, this medically based program meets many wellness needs.



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## BENEFITS OF HEALTHY-STEPS PROGRAM

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

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- Healthy-Steps helps to increase overall range of motion.
- Is particularly helpful in increasing upper body mobility
- May help decrease risk of Lymphedema & reduce swelling
- Reduce frozen shoulder
- Improve overall posture
- Assist in structurally re-balancing the body
- Increase positive body image
- Elevate self-esteem
- Regain sensuality
- Provide a supportive environment with other survivors
- Decrease depression
- Increase flexibility and strength
- Improve quality of life **...SURVIVING IS IMPORTANT, BUT THRIVING IS ELEGANT!**
- Create empowerment

Healthy-Steps, Moving You to Better Health with the Lebed Method, offering wellness programs for everyone, from young adults to seniors, regardless of health, age or ability level. The Healthy-Steps program improves overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image. A specialized program for children, "Creative Rhythms", is even available to serve the needs of children with Cancer or other chronic illnesses or medical conditions.



## WHO IS APPROPRIATE FOR HEALTHY-STEPS CERTIFICATION TRAINING?

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- Medical Doctors: Family Practice, Internal Medicine
- Specialist: Oncologist, Orthopedic Surgeons, Geriatrics
- Nursing: RN, LPN, Nurse Practitioners
- Occupational Therapists
- Physical Therapists
- Lymphedema Therapists
- Massage Therapists
- Dance Therapists
- Mental Health Professionals: Psychologists, Counselors, Social Workers
- Fitness Instructors & Personal Trainers
- Breast Cancer Survivors, Cancer Survivors
- Anyone wanting to bring Healthy-Steps to their community
- **No prerequisites are needed to participate in Healthy-Steps Certification Training**

## THE FOUNDER

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**Sherry Lebed Davis** is a Breast Cancer Survivor, a thriver of Lymphedema, Hep C and a dance movement specialist based out of Seattle, Washington. She has published papers in several national medical journals, as well as articles in magazines such as People, Coping, MAMM, Dance Teacher, as well as other magazines. The program has been featured on The Today Show, Life Time Live, BBC, ABC Nightly News, and more. The Lebed Method has appeared in most newspapers including the LA Times, NY Times and Seattle Times. Sherry is a national and international speaker, having presented at the CURE Conferences, Susan G. Komen Cruise for the Cure, Oncology Nurses Symposiums, National Lymphedema Network Conference, the National American Cancer Society Conference, the National Conference for Reach to Recovery and many additional events.

Sherry has a BFA in dance and, since 1980; Sherry has been a hospital-based dance movement specialist. Together with two surgeons, she developed The Lebed Method primarily to assist women regain and maintain range of motion, eliminate frozen shoulder and reduce the risk of Lymphedema following breast surgery. TLM has also been helpful in centering physical and emotional issues related to loss of motion as well as decreasing fatigue through movement, dance and certain exercises. One of the original surgeons, Dr. Marc Lebed, was involved in the program's development and has an active role as The Lebed Method Medical Director and Advisor.

**Healthy-Steps is now a worldwide Organization providing unique wellness programs for special populations!**



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## CERTIFICATION TRAINING

### THE HEALTHY-STEPS INSTRUCTOR TRAINING WORKSHOP OBJECTIVES

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The three-day certification training course offers a comprehensive overview of **Healthy-Steps** program, as well as the physical and emotional value it has to offer your clients. All of The Lebed Method exercises are introduced with in-depth instructions and include an experiential component where students will be expected to participate in each of the exercises. The training is limited to 20 participants per session to ensure ample time to address individual questions and concerns. Upon completion of the training, you will learn:

- Learn why we do certain exercises and the benefits of each
- Understand the role of proper exercise for your client's physical and emotional well being
- Proper and safe way to regain and maintain Range of Motion through exercise
- Address problems of frozen shoulder/Lebed Method techniques to increase ROM
- Identify which areas of the body are used during each section of **Healthy-Steps**
- How to do **Healthy-Steps** therapeutic exercise program
- Understanding physiology of Lymphedema as it pertains to **Healthy-Steps** Signs of Lymphedema
- Exercises that work for Lymphedema
- How long, when, and how much do they do **Healthy-Steps** in a class
- Where you need to "stay in the box" **Healthy-Steps** and where you can be creative and expand the program
- The **Healthy-Steps** program's history
- "How to Instruct" a **Healthy-Steps** class
- Instruct in use of Resist a Bands ® and specific exercises to do and not to do
- Do's and don'ts of **Healthy-Steps** When should your client begin and how to adapt (TLM) program
- Explore/instruct in the use of Music and it's impact on recovery
- Marketing techniques and how to make **Healthy-Steps** a success for you, your clients and your center
- How to be an educator during your classes
- When to refer to other health care professionals
- Understand the proper way to instruct and teach your clients
- Three day agenda attached

All three days of training begin at 8:00am (promptly) and end at 5:30pm. There will be homework assignments given for the first two evenings of training. Our trainings are very intensive, so please plan accordingly to keep your evenings available to complete additional assignments. You will be given an open book examination to take home after the training, which is to be completed and mailed back to the **Healthy-Steps** business office within one week from the last date of training.



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## 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, etc.

Healthy-Steps certification provides you with access to everything you need to begin and grow a successful a 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'll also have access to a world-wide network of Healthy-Steps instructors, providing each other with guidance, expertise and encouragement.

Sherry Lebed Davis, the founder is one of the foremost authorities on the use of movement for the healing and prevention of complications from breast cancer surgery and other related treatments. She is the co-founder, with Dr. Marc Lebed and Dr. Joel Lebed, of Healthy-Steps, moving you to better health with The Lebed Method. Widely respected authorities, such as Dr. Susan M. Love, Saskia R.J. Thiadens, executive director of The National Lymphedema Network, Dr. Clifford Hudis from Memorial Sloan Kettering Hospital, Dr. Bert Peterson from Beth Israel Hospital, Dr. Laura Morris, from Goshen General Hospital and many more recommend Healthy-Steps to their patients.

Sherry has authored the Book: "Thriving after Breast Cancer, Essential Healing Exercises for Body and Mind"; the video: "Focus on Healing through Movement and Dance for the Breast Cancer Survivor"; and the DVD: "The Lebed Method Focus on Healing" a video program for anyone who wants to improve their physical, mental, and emotional well-being.



## REQUIREMENTS FOR CERTIFICATION AS A HEALTHY-STEPS INSTRUCTOR

- Successful completion of the 3-day **Healthy-Steps** Instructor Training Certification Course
- Completion of additional continuing education training (totaling a minimum of 10.0 CE credit hours) in a general topic related to **Healthy-Steps** (such as Lymphedema, Physical Rehabilitation, Oncology, Geriatric Health Care, etc.). Continuing education training can be home-study courses or training workshops offered through hospitals or educational centers in your area (we encourage you to find CE courses that are free or low-cost).
- Completion of an annual questionnaire. The **Healthy-Steps** management strives to be responsive to the needs of all Certified Instructors. The annual questionnaire is a very important tool to help us identify what's working well within the **Healthy-Steps** program and areas that can be improved or enhanced.
- CPR training either prior to training or completed within 90 days after the training (and we will need a copy of your CPR card for our files).
- Upon completion of **Healthy-Steps** Certification training and passing of the exam, you will be approved to teach The Lebed Method and listed on **Healthy-Steps** online Teacher Directory until January of the following year. A Licensing Fee will be due by January 15th to maintain your active status and inclusion on the Teacher's Directory for that calendar year. The annual license fee is \$175.00. For those certified in the preceding year, a pro-rated fee will be due, calculated at \$14.58 per month, starting from the month following your training dates (for example, if training is held in April, the pro-rated fees are counted from May through December). Recognizing that there are sometimes extenuating circumstances that can cause financial hardship, **Healthy-Steps** will make every effort to work with you regarding an extension, payment plan, or other such arrangements. Failure to pay the Licensing Fee or contact **Healthy-Steps** office to make alternative arrangements by January 15<sup>th</sup> will result in revocation of the Certification and License and removal from the Teachers Directory.



### LICENSE FEE & RE-CERTIFICATION

- Exclusive access and constant updates to the Teacher Only site on [www.lebedmethod.com](http://www.lebedmethod.com)
- Each year you receive a new one year lesson plan book with new music selections
- New CD of updated CLM/CLMC manual with changes
- Support from our staff and consultations when needed
- New Marketing items and PR items
- **Healthy-Steps** movements and routines on **video** on Teacher only site
- New sticker for certificate and new license card
- Instructor discounts on all products
- Items for your clients in classes
- Newsletters
- International **Healthy-Steps** Instructors Conference every other year
- National exposure
- Attend any Certified **Healthy-Steps** training at no fee
- New partnerships with major sponsors
- Email announcements of updates important to move your classes forward
- news article updates
- And much more...

*Note: Certification is non-transferable; it cannot be obtained by one person and then transferred to another. In other words, only the person who attends the certification training workshop is approved to teach The Lebed Method classes.*

### LYMPHEDEMA THERAPIST TRAINING (CLL)

**If you are a Lymphedema Therapist**, there will be a supplemental training session offered (at no extra charge) during one of your lunch breaks (1 hour in length). This training will focus on specific Lebed Method Lymphedema exercises developed by Dr. Marc Lebed and Sherry Lebed Davis along with the guidance of MLD Therapists, which correlate with how Lymphedema Therapist performs their MLD with patients. These particular TLM exercises can be used with your Lymphedema patients before or after your MLD.



## HEALTHY-STEPS CREATIVE RHYTHMS FOR CHILDREN WITH CANCER, OTHER DISABILITIES & LYMPHEDEMA (CLMC)

Children are often forgotten when they are ill from surgery and treatment of Cancer or handicapped, as to exercising that will help them retain muscle mass, move their lymphatic fluid, help with circulation, fatigue and depression and create laughter and fun. Sherry Lebed Davis and Dr. Marc Lebed developed a supplemental program to fit the special needs of children who have been treated for cancer or who have undergone surgery and are at-risk of developing Lymphedema and other disabilities. Healthy-Steps, Creative Rhythms exercises for children are designed in a way that will also help to relieve pain, restore flexibility, reduce swelling, and develop balance. A rejuvenating regimen of stretches, dance moves, Lymphatic opening exercises, along with fun, music, costumes and props, help create not only a physical well being but an emotional one as well.

Healthy-Steps Creative Rhythm for Children will be offered as a one-day program (please visit our website for workshop dates and locations). This portion of the workshop is not mandatory to become a Certified Healthy-Steps Instructor (CLM). However, if you plan to work with children, you must also take this portion of the training workshop. The fee to attend this workshop is \$250.00. If you would like to register for Healthy-Steps Creative Rhythms for **Children, please check mark the appropriate section of the registration form and be sure to add the additional fee to your payment total. It is a one-day workshop from 8AM to 2PM.**

## TLM PROGRAM RESOURCES/SUPPORT

Certified Healthy-Steps (CLM) Instructors will receive ongoing support and access to many resources and tools. The Healthy-Steps Management team is there to offer guidance and support to ensure all CLM Instructors are aware of up-to-date information and understand the basic concepts and techniques of the program. We also are there to help CLM Instructors with marketing, enhancing leadership skills and problem solving.

Upon successful completion of the Certification Training, you will be provided with a working manual that includes:

- A full description of physical exercises and music suggestions
- Educational information about Lymphedema and exercises specially for the lymphatic system
- A wide selection of articles and published papers related to Healthy-Steps
- Tips on how to address the psycho-social needs of your clients
- Promotional materials and marketing tips on how to create awareness of Healthy-Steps in your community.
- Information about breast reconstruction as well as breast self-examination
- Information about proper prosthetic fitting
- Guidelines on how to run a Healthy-Steps class
- How to launch a new career and make extra income doing something you love and improving others lives.
- How to teach your clients to discover the "child" in themselves through Healthy-Steps therapeutic exercises.

CLM Instructors receive many other benefits including: discounts for Healthy-Steps products, free multi-media marketing tools, ongoing program updates, individual consultations with Sherry or a Certified Lebed Method Teacher, an invitation to attend the Healthy-Steps International Instructor Conference and more (visit [www.lebedmethod.com](http://www.lebedmethod.com) for additional information on resources and benefits available).



## REGISTRATION PROCESS COST AND WHAT IS INCLUDED IN THE TRAINING PROGRAM

The 3-Day Healthy-Steps Certification Training Workshop fee is \$650.00. Credit cards (VISA, MC, AMEX), checks and money orders accepted (there will be a \$30.00 fee for any returned checks). **However**, a \$300.00 deposit will officially reserve your spot for a specific training session and as soon as we receive your deposit will send your STUDY materials. The balance for the training will be due 30 days prior to the actual start date of the training.

**If your trainer is not Sherry Lebed Davis, the please make you check out to the trainer of your training not the LEBED METHOD.**

The workshop fee does not cover meals - but you are welcome to bring a sack lunch (or eat at a local restaurant). For out-of-town participants, you will need to arrange and pay for accommodations, meals and any transportation costs.

The training materials package, include:

- Manual/Workbook
- PR DVD
- Power Point PR Presentation
- Class support Materials, including Client Release Form templates
- Focus On Healing video/DVD
- The Lebed Method DVD
- "Thriving After Breast Cancer" book  
Essential Healing Exercises for Body and Mind - by Sherry Lebed Davis
- A Resist a band and other misc. items
- Licensing manual for year one
- All Healthy-Steps Articles and studies and your manual on disc

The book: "Thriving after Breast Cancer" and "Essential Healing Exercises for Body and Mind" as well as the video "Focus on Healing" and the recent "The Lebed Method" DVD, will be mailed to you upon receipt of your registration fee, or the \$300.00 deposit. It is to be read, viewed and studied before arrival at your training. The more you study before the training workshop, the more you will learn and understand Healthy-Steps. The "Focus on Healing video/DVD provides the basic "in the box" exercises—those which **cannot be changed or altered when teaching**. This video/DVD is designed for the viewer to watch and participate and it does not represent the full TLM program (please keep this in mind while reviewing). The "The Lebed Method" DVD is an example of a Lebed Method class showing the upper and lower Lymphatic Opening exercise (which should be studied/memorized prior to the training). The certification workshop will also introduce exercises not included in the videos/DVDs, which can be adapted according to the special needs within your own client base.

We strongly recommended that attendees bring music they like and enjoy to the training workshop (the workshop Teacher will also provide music selections). Both slow and fast music will be required for use during the exercises lab on Sunday. If you like bring a CD player or your I pod player to practice in your room at night.



### TESTIMONIALS FROM SOME OF OUR HEALTHY-STEPS INSTRUCTORS:

*My class was a big hit with the Wellness Community Organization. We had 16 women and there was an older woman who had been through 3 battles with cancer and thought she could not exercise because previous attempts at other programs were too difficult, and she said her experience with TLM was like re-finding herself. At the class closing session of the class there were some tears of gratitude and release. We hope to begin another class shortly.*

- BW.

*I had the honor of attending the Focus on Healing Workshop and became a Certified Lebed Method Instructor for Adults and Children. I look forward to introducing Healthy-Steps to our patients very shortly. I truly believe this program will not only touch their hearts, but also will provide a fun and safe environment for them to exercise, find friendship and support with other survivors.*

- Tamie Vasquez, CLM, CLMC - Loma Linda University Cancer Institute

*Just wanted to let you know who and what helped me through my cancer treatment. I am a Lebed Method Instructor and love teaching the program and bringing it to those who need this the most. Since my recent diagnosis of breast cancer, this past year, I learned full well that friends, family and the exercises in the Lebed Method got me physically, emotionally and spiritually back to health and my full life again.*

*I am also a dance and pilates instructor and I have to say the Lebed Method lymphatic opening , followed with the exercises got me back to my full range of motion in my arms and upper body, more than any of my Pilates exercises, especially in the beginning. So within 3 months time I was back to teaching my full schedule of dance and Pilates classes again. Sherry's program as well as her commitment to her instructors and students is so incredible, I feel blessed to be part of this wonderful organization.*

- Diane, RN, CLMC

*The Focus On Healing class that EpiCenter offers has given me a vehicle to move my body and re-discover my physical self. Focus On Healing is a source of pleasure and joy via awesome music for us to move to and the instructor's (Claudia) personal spirit that is conveyed to each and every one of us. This class has turned out to be a new beginning for me and I cherish new beginnings! I am deeply appreciative to EpiCenter for offering this extraordinary, effective, valuable and beneficial course!*

*I speak highly of EpiCenter and refer it to people regularly. I am also aware that many people who originated with this class are now members of EpiCenter. I am also aware that some class attendees have referred members of their family to the club and they are now members. Many attending the class are senior citizens - some well into their 80's and even 90 years old. For them, this class is an activity that is healthful and something to look forward to a couple days a week. I believe the Focus On Healing Class is a wonderful and meaningful opportunity that EpiCenter is offering to the community! Thank You!!*

- Pamela C.



### TESTIMONIALS FROM SOME OF OUR HEALTHY-STEPS INSTRUCTORS:

*I am continuing to do the LE opening with my MS Aquatics class and everyone likes it, especially one woman, who suffers from lower extremity LE. She has more range of motion after we do the LE and is thrilled. So am I!*

- E. V.

*I feel very proud of The Lebed Method and proud to belong to it. I appreciate all the support and hard work that Sherry and Dr. Lebed do in order to cover and update every single detail we can think of. You give us a sense of belonging, belonging to a professional team, belonging to a sisterhood, belonging to a better mankind which we have to enlarge.*

- T. F.A.

*It is a fun way to accomplish what I want my patients to do - facilitate the lymphatics to help reduce edema - with the added benefit of a support group in a very positive environment. Who knew you could have it all - and have fun doing it!!! Our treatments, Combined Decongestive Therapy, are very intense and demanding of the patients. Making the exercise portion of it enjoyable significantly increases the chances that they will be done. We started using the opening exercises on Monday right after our weekend course. Everybody loves it, from those in their 40's to 80 plus!! One lady even does it at home without the music! Getting folks excited about exercising and improving their health is important to me. Until now I just didn't have a great method to accomplish that. But NOW I DO!!*

*As a side note, we are using this with cancer pts: breast, metastasis disease; a fellow and lady with chronic venous insufficiency, edema, wounds and poor balance; a couple women with lipo-lymphedema and obesity, a burn (neck and upper chest) victim with restricted motion just to name a few.*

**THANK YOU SO MUCH FOR DEVELOPING THIS PROGRAM, SHERRY! WHAT A BLESSING TO SO MANY!!**

- Kathy Fleming, PT, CLT-LANA, CLM, CLL



### CANCELLATION POLICY

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#### CANCELLATION BY APPLICANT:

Payments are **non-refundable**. If you cancel at any time after your 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. Credits must be used only for a future training taught by the same Trainer you originally registered with and must be used within one year of the date it was issued. If you cancel after receiving our training materials package, we will deduct a \$25.00 administrative fee plus an additional \$75.00 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, often beyond our control. All students are advised to purchase flight and travel cancellation insurance in the event that this may occur. If a Trainer must cancel the event, it is their responsibility to accommodate applicants from the canceled training into a future scheduled training. If the Trainer does not have any additional training workshops, arrangements will be made to attend training with another Trainer or issue a refund for the registration fee - minus a 15% administration fee.

#### CANCELLATION POLICY:

The registration fee or deposit paid for The Lebed Method Certification Training workshop is **non-refundable**. If you cancel at any time after your 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. Credits must be used only for a future training taught by the same Trainer you originally registered with and must be used within one year of the date it was issued. If you cancel after receiving our training materials package, we will deduct a \$25.00 administrative fee plus an additional \$75.00 to cover the cost of materials and shipping.

**If your trainer is not Sherry Lebed Davis, the please make you check out to the trainer of your training not the LEBED METHOD.**



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### REGISTRATION & PAYMENT FORM

**(ONLY FOR SHERRY LEBED DAVIS'S TRAININGS)** FOR ALL OTHER TRAINERS

PLEASE CHECK CALENDAR AS TO WHERE TO SEND YOUR PAYMENTS

PLEASE CALL, MAIL OR FAX REGISTRATION TO: **The Lebed Method**, 14418 47<sup>th</sup> Place West, Lynnwood, WA 98087 email: [INFO@LEBEDMETHOD.COM](mailto:INFO@LEBEDMETHOD.COM) phone: 877.365.6014/ fax: 425.742.6873

|                 |  |                 |       |
|-----------------|--|-----------------|-------|
| First Name      |  | Last Name       |       |
| Mailing Address |  | City            | State |
| Home Phone      |  | Work/Cell Phone |       |
| Fax Number      |  | Email           |       |
|                 |  |                 |       |

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

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|  |  |  |  |

SHIP REGISTRATION RECEIPT AND TRAINING MATERIALS TO:  Same as above (if not, provide alternate address here)

|                           |  |      |       |     |
|---------------------------|--|------|-------|-----|
| Alternate Mailing Address |  | City | State | Zip |
|                           |  |      |       |     |

#### WHICH TRAINING WOULD YOU LIKE TO ATTEND

|  |      |
|--|------|
| Training Program   |      |
| <input type="checkbox"/> Certified Lebed Instructor (3 day - \$650) <input type="checkbox"/> Creative Rhythms for Children (1 day - \$200) (you must be a certified instructor)<br><i>Creative Rhythms with Maternity Program \$300.00</i> |      |
| Location   | Date |
|  |      |

Special Requirements (Medical conditions, food allergies, etc.)

|  |
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|  |
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#### PAYMENT

I am aware of the future costs related to maintaining certification and understand that the enclosed payment is only for the initial certification process.

|   |                 |
|---|-----------------|
| Payment Type  |                 |
| <input type="checkbox"/> 3-Day Training Deposit (\$300) (Balance due within 30 days of training) <input type="checkbox"/> 3-Day Training Paid in Full (\$650) <input type="checkbox"/> Children's 1-Day Training (\$200) (Full balance due at registration) |                 |
| Payment Type  | Amount          |
| <input type="checkbox"/> Check (Payable to: Lebed Method) <input type="checkbox"/> MasterCard <input type="checkbox"/> VISA <input type="checkbox"/> American Express   |                 |
| Credit Card #   | Expiration Date |
|   |                 |
| Name (as it appears on card)  | Signature       |
|   |                 |



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Moving you to better health with the **Lebed Method**

HEALTHY-STEPS IS OFFERED IN OVER 800 LOCATIONS WORLDWIDE.

JOIN US TODAY, AND TAKE A STEP TOWARDS A GREAT CAREER.

HEALTHY-STEPS IS NOW A WORLDWIDE ORGANIZATION PROVIDING UNIQUE WELLNESS PROGRAMS FOR SPECIAL POPULATIONS THERE ARE OVER 18,000 HEALTHY-STEPS CLASSES A WEEK SOMEWHERE IN THE WORLD TODAY, LET ONE OF THEM BE YOURS!

## THREE DAY INSTRUCTOR CERTIFICATION TRAINING WORKSHOP AGENDA

| DAY 1             |  | DAY 2             |   | DAY 3           |   |
|-------------------|--|-------------------|---|-----------------|---|
| 8am-8:30am        | Introduction <ul style="list-style-type: none"> <li>Housekeeping</li> <li>Intro of each other, trainer and expectations</li> <li>Begin review of history</li> <li>Expectations</li> </ul>  | 8am-8:30am        | Question/Answer<br>Open LE  | 8am-8:30am      | Question/Answer<br>Open LE  |
|                   |  | 8:30am-9:15am     | Review Lebed exercises<br>Review what muscles are used and why we do them   |                 |   |
| 8:30am-10am       | Lymphedema <ul style="list-style-type: none"> <li>What is it?</li> <li>Why is it so important?</li> <li>How do you recognize it?</li> <li>What do you do?</li> <li>Lymphedema exercises</li> </ul>   | 9:15am-10am       | Lesson Plans<br>Good and Bad Music  | 8:30am-10am     | Marketing   |
| 10am-10:15am      | BREAK  | 10am-10:15am      | BREAK   | 10am-10:15am    | BREAK   |
| 10:15am - 12:45pm | Lymphedema exercises<br>Review of Manual (Section 4)<br>Review Lebed Exercises <ul style="list-style-type: none"> <li>Why we do TLM exercise</li> <li>Which muscles are used</li> <li>How many repetitions</li> <li>Benefits</li> <li>Balance issues</li> <li>Weight distribution</li> <li>Why not vary exercises</li> <li>Progressive planning</li> <li>What not to do</li> <li>Lymphedema Exercises</li> </ul> | 10:15am - 12:15pm | Resist-a-band/Poles/ discussion<br>Lesson Plans   | 10:15am-12:15pm | Marketing (Continued)   |
|                   |  | 12:15pm - 1:15pm  | LUNCH   | 12:15pm-1:15pm  | LUNCH<br>(LE Therapists have private LE training during provided lunch)   |
| 12:45pm - 1:45pm  | LUNCH  |                   | Running a Class <ul style="list-style-type: none"> <li>Registration, 1<sup>st</sup> day</li> <li>Release forms</li> <li>Liability issues</li> <li>Length of class/costs</li> <li>How often, when, times</li> <li>Number of participants</li> <li>Use of chairs</li> <li>Clothes to wear</li> <li>Water breaks</li> <li>Lengths of each section</li> <li>Adjusting program needs</li> <li>When to refer patients</li> <li>Role of CLM as Educator</li> </ul> | 1:15pm-4pm      | LABS (with break)   |
| 1:45pm-2:45pm     | Ball exercises and wall  | 1:15pm-3pm        |   | 4pm-5:30pm      | Reconstruction<br>Wrap Up<br>Final housekeeping:<br>Licensor/Licensee Agreement<br>Evaluations<br>What to expect next |
| 2:45pm-3:45pm     | Leg exercises<br>Balance exercises   | 3:15pm-3:30pm     | BREAK   |                 |   |
| 3:45pm-4pm        | BREAK  | 3:30pm-4pm        | Review of exercises   |                 |   |
| 4pm-5:30pm        | Review PR video, class video and homework  | 4pm-5pm           | Sample Class  |                 |   |