



Moving For Life Wellness Programming | DanceExercise Classes

1. DanceExercise for Health®

Moving For Life motivates older adults and people of different ages and abilities affected by cancer to move with easy-to-follow exercises and familiar dance moves, done to music that uplifts mental and physical health while carefully increasing:

- **energy** (fighting fatigue),
- **range of motion** (post surgery)
- **lymphatic flow** (strengthening the immune system)
- **joint ease** (due to illness, poor postural, nutritional or movement habits that cause inflammation or stiffness)
- **mental acuity** (memory loss due to aging, chemotherapy or chronic stress)
- **balance** (related to neuropathy, inner ear deficits or substance abuse)
- **calorie burning** (gentle but steady aerobic activity) and
- **strengthening** (work with small weights or resistance to build a better ratio of muscle to fat)

Gentle aerobic exercise has always been at the core of Moving For Life's programs along with strengthening and flexibility, the three components of fitness. Classes emphasize the importance of moving safely. MFL will be adapted to the specific needs of your constituents.

2. DanceExercise for Cancer Recovery

Moving For Life was ahead of the curve in recognizing exercise's benefits for cancer patients. In 1999 Moving For Life designed the first cancer exercise program that scientifically worked to identify & address all of the primary side effects of treatment: fatigue, joint pain, lymphedema, neuropathy, chemo brain, compromised range of motion, dizziness/nausea, neuropathy/balance issues, osteopenia, loss of strength and depression. Using its unique somatic approach to movement Moving For Life carefully stimulated or relaxed the physiological systems impacted. Moving For Life is centered in aerobic exercise in order to combat fatigue, the major side-effect of cancer treatment.

3. DanceExercise for Breast Cancer Recovery

In addition to the general cancer recovery tenets the breast cancer recovery program focuses on range of motion in the chest and arm, lymphatic drainage for the arms and an understanding of using specialized sleeves, body images issues and the special concerns of mothers, daughters, sisters and wives.

Moving For Life is a 501(c)(3) non-profit organization serving the greater NYC region and Hudson Valley.

55 Avenue C, South Storefront • New York, NY 10009 • (212) 222-1351 • info@movingforlife.org • www.movingforlife.org



Moving For Life Wellness Programming | Lectures

Lectures targeting issues that affect the aging process, chronic illness, cancer recovery and general health have been offered since 2000 and are currently funded at the JCC, Mount Sinai Beth Israel, and offered in senior centers, public libraries and other locations around Greater NYC and the Hudson Valley. These lectures are delivered by Dr. Eddy and senior *Moving For Life Certified Instructors*, who are all movement therapists and/or cancer exercise experts. The majority also hold higher degrees in movement science or dance education.

Lectures can be catered to agency hospital staff, participants and/or their families. *Moving For Life* lectures are unique in that they discuss movement and wellness responses to a comprehensive range of physical challenges, include a body-mind holistic approach, are personalized and open to individual questions. These sessions include a participatory component whenever desired. Popular topics include:

- 1. Exercise: The Importance of Exercise in Recovery from Injury and Illness™**
- 2. Strength: Overcoming Muscle Weakness™**
- 3. Lymphedema: Reducing Swelling**
- 4. Neuropathy: Reducing Tingling and Numbness with Movement and Self-Care™**
- 5. Weight Management: Achieving a Healthy Body Mass Index**
- 6. Balance: Learning to Catch Your Falls™**
- 7. Managing Joint Pain: Aligning Your Joints and Gentle Movement**
- 8. Range of Motion: Exercising to Move More Freely**
- 9. Increasing Energy: Overcoming Fatigue with Exercises™**
- 10. Mental Confusion: Reducing Stress and Improving Memory™**

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Moving For Life Wellness Programming | Interactive Seminars

Includes movement, meditation and other wellness strategies.
Short descriptions of the list below are available upon request.

- 1. Personalized Moving For Life Exercise Regimens™: Tailored Programs To Meet Your Goals**
- 2. Handling Joint Pain: Through Posture, Body Awareness and Conditioning©**
- 3. Moving For Life's Seated Aerobics for Seniors | Can be specialized for: People in Wheelchairs, Asthmatics, Movement Disorders and/or Post-Stroke Recovery**
- 4. Moving For Life for Osteoporosis©**
- 5. Body Image: Feeling Whole Again After Surgery, Chemo or Radiation©**

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Moving For Life Wellness Programming | Professional/Staff/Patient Workshops

In order for professional health care providers to provide quality care and meet their communities' changing health care needs, they benefit from staying on top of the latest exercise and wellness knowledge as it relates to their field. Health care providers also need to manage their own health and stress issues. Moving For Life provides workshops to educate and enrich the lives of professional medical staff and health care workers. These may also be catered to the patients or a community-wide event. Offerings include:

- 1. Stress Reduction Strategies: Facilitated Discussion**
- 2. Stress Reduction Strategies: Relaxation and Movement Practice**
- 3. MFL Gentle Yoga Moves™ Workshops**
- 4. Gentle Stretching and Exercise Tips**
- 5. Relaxation and Meditation**
- 6. Easing Physical Stress™: Tips for Working Out Chronic/Acute Pain**
- 7. Moving For Life™: Fun but Gentle Aerobics,**
- 8. Moving For Life™: Managing Specific Stressors**
- 9. Moving For Life™: Body Self-care**
- 10. Customized Workshops**
- 11. Customized Facilitated Discussions**

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