

## Moving On Aerobics

*A gentle and invigorating workout for breast cancer survivors...*

Over the past decade, genuine advances have been made in the testing and treatment of breast cancer. On the other hand, programs aimed at helping women face the emotional and physical challenges that follow, are still scarce. Even with **research showing a strong indication that ongoing aerobic exercise contributes to long-term survival rates** - aerobic exercise has rarely been considered in the rehabilitation of breast cancer patients.

**MOVING ON AEROBICS** has been designed as an alternative to the many admirable low-key stretch, yoga, and ballet programs currently available. It is a gentle but invigorating workout that helps you gain confidence and stamina after the shock breast cancer can cause in your body and your psyche. Moving On Aerobics is a body-mind journey filled with joyful excursions that support wholeness.

### **Come join us if you are. . .**

- ≈ An active young woman in your 20's and early 30's, determined to overcome the debilitating effects of breast cancer
- ≈ A professional woman and/or mom in your 40's who needs to regain strength & vigor
- ≈ A motivated mover in your 50's, 60's, 70's, or 80's and Move On

For scheduled classes taught in English or Spanish in the NYC area, please call:

**212.229.8391**

[www.MovingOnAerobics.org](http://www.MovingOnAerobics.org)

To schedule classes in other areas outside the NY metropolitan area, or for further information, contact: 212-414-2921

[info@MovingOnAerobics.org](mailto:info@MovingOnAerobics.org)

### **OUR INSPIRATION:**

The time since my diagnosis for breast cancer has been marked by a kaleidoscope of emotions; anger, fear, detachment, self-pity, love, tenderness, and sorrow. I experienced unending moments of stillness, with events hazily moving in slow motion.

One constant was fatigue. It was something I could be sure would be there day after day. It, and the piercing bone pain I experienced during chemotherapy, forced me to slow down. Movement hurt! Walking, lifting, yoga was all too strenuous. I joined a gym but the machines seemed like "torture devices." Weights hurt my joints. I tried aerobic exercise classes but in the company of younger and stronger athletes, I felt surrounded by painful reminders of all I had lost; my figure, my hair, my vitality, my discipline, and my self esteem.

Sitting around, depressed and lethargic, my one solace was music. It cheered me up. **One day, I began dancing to the music.** Although, it hurt to walk, I could sway and rock. **At last, I had discovered a way to regain my strength.** Joy is too calm a word to describe what I felt. I had a future again.

As I looked into the existing research, I came across numerous studies on the importance of exercise in the rehabilitation of breast cancer patients. There was also a body of research supporting the idea that music can help ease depression and ameliorate stress for patients facing difficult medical procedures. In addition, the experts were unanimous in stressing the role exercise and weight control plays in the long-term survival of breast cancer patients.

Despite all this evidence, aerobic exercise programs tailored for women recovering from breast cancer are virtually non-existent, even in major urban centers. It is my hope that **MOVING ON AEROBICS** will help fill the gap I found when I was taking the first steps in my recovery.

**Dr. Allison Stern Rosen, Ph.D.**, one of the founders of **MOVING ON AEROBICS**, is a psychologist who maintains a private practice in New York. She co-chairs the Scientific Committee for the American Society of Reproductive Medicine and is President of **RESOLVE of NYC**, a national association that distributes information about infertility and adoption.

## Moving On Aerobics

*dance aerobics to lift  
your spirits*

**212.229.8391**

**[MovingOnAerobics.org](http://MovingOnAerobics.org)**

*Joyous exercise for people  
Moving On from cancer  
and other challenges*

# Moving On Aerobics

*A gentle and invigorating workout for women living with breast cancer...*

Designed by exercise physiologist Dr. Martha Eddy, CMA, Ed.D. Moving on Aerobics was originally tailored for women living with breast cancer. Anyone dealing with the fatigue, weakness, weight gain, depression, lymphedema, joint or bone pain and/or other associations with treatment or coping with a similar physical challenge may benefit.

Led by movement professionals and supported by a company of survivors months or years beyond their own diagnoses, Moving on Aerobics is an enriching experience that energizes.

## Classes include:

- ≈ Breath-based warm-up and easy swinging activity to increase the range of motion.
- ≈ Lymphatic drainage is encouraged by special gentle squeezing actions of the arms and legs
- ≈ A coordinated, rhythmic pulse that awakens and enlivens our bodies/ourselves.
- ≈ Increase aerobic capacity by moving our entire body in different directions together to joyful, upbeat music.
- ≈ Each session ends with a relaxing and fluid stretch sequence and careful deep stretches for the back, legs, neck and arms
- ≈ Opportunities to exchange personal experiences and resources.
- ≈ Explore realistic tools to deal with stress



## STUDENTS:

*"I enjoyed the breathing. It felt meditative and centered me for the whole day."*

*"My whole person comes to the class, not just my breast!"*

*"I feel more physically fit and happier about how my body has reshaped itself. It felt good to be with women of different ages, abilities and experiences."*



## PROGRAM DESIGNER

**MARTHA EDDY, CMA, Ed.D.**, a nationally recognized leader in movement science and education who has designed exercise and dance programs for diverse groups with specialized needs. She is co-founder of **MOVING ON CENTER**, a non-profit educational organization in Oakland, CA, dedicated to training movement specialists to use holistic physical activity in health, education and performance-settings.

Dr. Eddy teaches at The Dance Ed Lab of the 92nd Street Y and for SUNY -ESC & maintains a private practice as an educational consultant and as a registered somatic movement therapist ([www.ISMETA.org](http://www.ISMETA.org)).

Offices Moving on Center:  
[www.MovingOnCenter.org](http://www.MovingOnCenter.org)

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212.414.2921  
[www.WellnessCKE.net](http://www.WellnessCKE.net)

## NY TEACHERS: Martha Eddy is joined by:



**Karen Eubanks** has conducted group fitness classes for the Department of

Parks and Recreation Wake-Up New York Fitness Program for diabetic and obese youth & adults and taught at LaGuardia Community College. A certified New York City Department of Education dance educator, she has served as a teaching artist with New York Ballet Dance Education Department for five years.



**Sherry Greenspan**, a movement educator, therapist, dancer, choreographer, & Pilates practitioner, has been teaching, and performing in NYC and Philadelphia for 25 years.

**Bonnie Schiffer** is a contact dancer, performer, pilates practitioner, somatic movement educator and fitness instructor who draws on twenty years experience with the moving body including fifteen years study with Eglevsky Ballet, Manhattanville College, Movement Research, and La Caldera in Barcelona, Spain.

Learn more about all of our teachers around the country at [www.MovingOnAerobics.org](http://www.MovingOnAerobics.org).

**Martha Eddy, Director**

