



MOVING FOR LIFE
Dance Exercise for Health®



MISSION

MOVING FOR LIFE DanceExercise for Health® is dedicated to helping older adults and people of any age affected by cancer, through free and low-cost dance exercise classes offered at hospitals, health and wellness centers, libraries and other community-based sites. Our methods are supported by research that confirms engagement in therapeutic dance improves quality of life, speeds up recovery time, enhances survivorship, and reduces the chances of recurrence.

Student taking class at Zwanger-Pesiri Radiology in NYC.

movingforlife.org

HISTORY

Moving for Life (formerly Moving On Aerobics and Gentle Aerobics) has a 19-year track-record of success, with no reports of injuries. The programs began with highly-trained Moving For Life teachers volunteering to help women with breast cancer find the joy and positive effects of engaging in gentle but upbeat aerobic movement. Today, men and women with cancer, diabetes, hypertension, and other debilitating illnesses as well as seniors and the general public benefit from MOVING FOR LIFE programs.

There is scientific evidence behind the practices of MOVING FOR LIFE. We have engaged with NYU Langone Medical Center to conduct and publish research that showed the positive effects of participating in Moving For Life classes twice a week. Participants were breast cancer patients in treatment who also attended a nutrition class. Since our classes began in 1999 much research has substantiated our approach. The American Cancer Society and the American College of Sports Medicine have been published guidelines that echo Moving For Life's long track-record. The research concludes that aerobic exercise is not only safe, but necessary for physiological health and improved quality of life. Additional studies confirm the power of music to shift mental attitudes in people who suffer from depression. An American Society of Clinical Oncology report, released in 2013, noted that women in treatment for breast cancer who participated in MOVING FOR LIFE classes, lost up to 10 pounds in just eight weeks.

MOVING FOR LIFE is now looked to as a leader in exercise and wellness education for prevention, recovery, post-treatment health, and maintenance of a healthy mind and body by organizations and agencies such as Jewish Community Centers, YMCAs, New York City hospitals, Gilda's Club, Susan G. Komen Foundation and Emblem Health. Participants in MOVING FOR LIFE classes have reported an improved quality of life, a reduction in body fat, and significantly reduced side effects of cancer treatment.

MOVING FOR LIFE partners with hospitals, community agencies, public libraries, and the Ys. We train MOVING FOR LIFE Certified Instructors (MFLCIs) to replicate our programs in other locations across the world. Each teacher is also certified as Cancer Exercise Specialist.

Student taking class
at Zwanger-Pesiri
Radiology in NYC.





PROGRAMS

Our programs are offered free to the public throughout Greater New York City and the Hudson River Valley community (i.e., in Kingston, NY). Classes are currently offered in English and Spanish in the various boroughs of New York City.

Teacher leading class at a St. Luke's Hospital.

CLASSES

DanceExercise for Health®

Moving for Life's DanceExercise for Health® classes use gentle aerobic exercise to motivate older adults and people of different ages and abilities affected by cancer. These classes help uplift mental and physical health while carefully increasing energy, range of motion, lymphatic flow, joint ease, mental acuity, balance, calorie burning, and strengthening. MFL will be adapted to the specific needs of your constituents.

DanceExercise for Cancer Recovery

Moving for Life's DanceExercise for Cancer Recovery classes identify and address all of the primary side effects of cancer treatments: fatigue, joint pain, lymphedema, neuropathy, chemo brain, compromised range of motion, dizziness/nausea, neuropathy/balance issues, osteopenia, loss of strength and depression. These classes use a unique somatic approach to movement to carefully stimulate or relax the physiological systems impacted.

DanceExercise for Breast Cancer Recovery

Moving for Life's DanceExercise for Breast Cancer Recovery classes, in addition to our general cancer recovery classes, focus on range of motion in the chest and arms, lymphatic drainage for the arms and an understanding of using specialized sleeves, body image issues and the special concerns of mothers, daughters, sisters and wives.

Our Moving for Life Lectures target issues that affect the aging process, chronic illness, cancer recovery, and general health. When shaped as an Interactive Seminar they include movement, meditation and other wellness strategies along with discussion and take home activities.

LECTURES
&
WORKSHOPS

PAST

WORKSHOPS & LECTURES

- The Importance of Exercise in Cancer Recovery
- La importancia del ejercicio en la recuperación del cáncer
- Increasing Energy: Overcoming Fatigue with Exercises™
- Managing Lymphedema
- Linfedema y su Sistema Inmunológico
- Neuropathy: Reducing Tingling and Numbness with Movement and Self-Care™
- Managing Joint Pain and Reducing Joint Injury
- Body Awareness and Conditioning®
- Weight Management and Exercise during Cancer (and Covid-19)
- Balance: Learning to Catch Your Falls™
- Range of Motion: Exercising to Move More Freely
- Mental Confusion: Reducing Stress and Improving Memory™
- Bone Health - Getting Stronger and Staying Taller™
- Body Image: Feeling Whole Again After Surgery, Chemo or Radiation®
- Sensuality and Sexuality - Feeling Strong and Alive
- Dealing with Nausea and Dizziness
- Getting Moving while dealing with Metastatic Cancer: What movement is best?
- Personalized Moving For Life Exercise Regimens™: Tailored Programs To Meet Your Goals
- Remedies for Post-Treatment Instability
- Reducing Whole-Body Inflammation
- Control de Peso: Lograre un indice de Masa Corporal Saludable
- Boosting Your Immune System,
- Stress Reduction Workshop: Movement Techniques to Tackle Stress
- Calming the Stress Response
- Increase your Body's Intelligence: Movement and Cognitive Health
- Formas de Relajarse Para Mejorar su Salud
- Maneje Su Neuropatia con Movimiento
- Workshops, Gentle Stretching and Exercise Tips
- Relaxation and Meditation
- Easing Physical Stress™: Tips for Working Out Chronic/Acute Pain

Don't see a topic your community needs?
Contact us!

FOUNDING DIRECTOR



Dr. Martha Eddy leading class in NYC.

MOVING FOR LIFE DanceExercise for Health® was developed by Dr. Martha Eddy, Certified Movement Analyst (CMA), and Registered Somatic Movement Therapist (RSMT). Dr. Eddy was born and raised in Spanish Harlem, graduated from Stuyvesant High School and is an eminent dance scholar, university professor (Princeton, Columbia, NYU, SUNY-Empire State Graduate Center), consultant to the NYC Department of Education, and somatic health expert who lectures internationally. Her doctorate is in Movement Science and Education from Teachers College, Columbia University. She created MOVING FOR LIFE in 1999 in honor of her mother, the Reverend Dr. Margaret Ruth Eddy, who passed away from colon cancer.

BRING MOVING FOR LIFE



Teacher leading class at a St. Luke's Hospital.

TO



Moving For Life at Carl Schurz Park

YOU!

We partner with organizations of all sizes



Students taking a Moving For Life class.



Students taking a Moving For Life class.

DONATE



Student taking class at Zwanger-Pesiri Radiology in NYC.

\$150 funds a class for those in need

CONNECT

Download Media Kit

[CLICK HERE](#)

[Facebook](#)

[Instagram](#)

[YouTube](#)

CONTACT

MOVING FOR LIFE
954 Lexington Ave. #1114
New York, NY, 10021

212 222-1351

www.movingforlife.org