

# Moving On Aerobics

A Community Outreach Program of Moving On Center

A Non-Profit Educational Organization

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Moving on Aerobics, a gentle dance and movement-based exercise program tailored towards Breast Cancer survivors, is moving into Fall with a new schedule of classes and events in the New York City/Metropolitan area.

Studies have shown that regular aerobic activity helps breast cancer survivors heal. Drawing from her experiences as a Somatic Movement Therapist, Dr. Martha Eddy has created a gentle exercise class that uses deep breathing, easy swinging motions, simple dance steps, and gentle stretching, to help breast cancer patients strengthen their cardiovascular systems, improve their range of motion, increase muscle strength, and reduce chronic pain. Participants report that the class helps to reduce the swelling of lymphedema because it uses rhythms of movement that enable lymph fluid to flow throughout the body. Moving On Aerobics can also be beneficial to those recovering from car accidents, depression, chronic fatigue syndrome, and other types of chronic illnesses.

Dr. Martha Eddy, Ed.D, *RSMT, CMA, Ed.D.*, is the founder and director of the Center for Kinesthetic Education (CKE), a movement and dance education institute in New York City. Dr. Eddy received her doctorate from the Teachers College of Columbia University in movement science and education (1998) and has a Masters of Arts in Applied Physiology as well as a Bachelors degree in Dance Education. Before directing CKE and its companion institute the [Moving On Center](#) of Oakland California, Dr. Eddy trained with occupational therapist, Bonnie Bainbridge Cohen, and physical therapist, Irmgard Bartenieff in neuro-developmental movement therapy. She also spent ten years teaching in the Dance Education program of the Teachers College of Columbia University. She currently maintains a private practice as a Registered Somatic Movement Therapist (RSMT) and lectures internationally.

Moving On Aerobics Classes are partnered with many leading cancer care organizations including Gilda's Club, SHARE, LATINA SHARE, The Jewish Community Center of Manhattan, Beth Israel Hospital, St. Luke's Roosevelt Comprehensive Breast Center, and Saint Vincent's Cancer Center.

Dr. Eddy's MOA program has:

- Led the warm up for the 3900 participants in the 39-mile Avon walk- a-thon on Saturday October 6th, 2006. The walk raised over ten million dollars for breast

cancer awareness.

- Presented at the Heal for Teal Symposium sponsored by the JCC to raise Ovarian Cancer awareness, September 24th, 2006.
- Has been featured in MAMM (Women, Cancer, And Community) Magazine article on cancer and fitness, for the March/April, 2007 issue.
- Been a regular presenter at The Stowe Weekend of Hope for Cancer Survivors.
- Been filmed by NY 1 Television Spot, 2006. Viewable at: [www.MovingOnAerobics.org](http://www.MovingOnAerobics.org)
- Been observed by the office of Senator Hillary Clinton.

Dr. Eddy will be featured in an upcoming issue of *Women and Cancer* magazine.

For further information see attached schedule or visit the following websites:

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

[www.WellnessCKE.NET](http://www.WellnessCKE.NET)

[info@wellnesscke.net](mailto:info@wellnesscke.net)

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

You can contact our information hotline at: 212.299.8391