

## **Reaching out for MOA Exercise across the Nation Testimonial from Cindy Davis**

Last spring, as I was coming to the end of my chemotherapy treatments, my husband showed me an interesting article in the March/April addition of MAMM magazine on the benefits of exercise for women recovering from breast cancer. A Harvard study cited that "Moderate exercise, like brisk walking three to five hours a week, cut the risk of dying from breast cancer in half." My teen-age daughter has been adamant about my being disciplined to exercise--guess she wants her mom around for a few more years. The article described a program that brings together aerobics, dance and care for survivors.

Understanding that a high percent of the struggle of a cancer warrior has to do with battling negative emotions, I was very intrigued with what Allison Rosen, co-founder of Moving On Aerobics (MOA) set out to accomplish, especially with her expertise as a psychologist. I truly respect the fact that Rosen is an over comer who has transformed her own cancer experience by reaching out to others in ways that will improve the quality of their lives. Dr. Rosen actually returned a long distance phone call, and I learned that she has other powerful involvements in the cancer community--she is a "mover and a shaker"..."rocking the world" so to say. In my local community, I am on a planning committee to extend the complimentary therapies and healing arts program at St. Mary Corwin Hospital. The idea of a strategically planned exercise program to "lift the mood (with music), strengthen the cardiovascular system, restore range of motion and energy, cleanse toxins and alleviate pain in joints" that MOA provides has enormous appeal to me.

Personally, I love resourcing in the community--bringing strength to strength. As people collaborate and bring their abilities and talents together, so much can be accomplished. So I applaud the joint endeavor of Dr. Allison Rosen and Dr. Martha Eddy because they have an understanding of the power of mind, music, and movement and how it can move people forward in a positive way on their journey of life. I know how music and dance uplift the soul. Learning to enjoy life and to rejuvenate is part of "moving on." It was exciting to hear how their idea has taken on an audience in New York City at Gilda's Club, St. Luke Roosevelt, Beth Israel, and St. Vincent Hospitals. I have expressed to both women that I would love to see their program available all over the world. Living in a smaller city does have limitations with access to certain opportunities, so I would like to see them produce their "Moving On" dance aerobics video. I'll be first in line to purchase a copy, and I imagine the benefits of their program being spread across the globe. It will be a much needed product.

In addition to all that I have said, the team work of a psychologist/breast cancer survivor and a movement scientist that has specialized in choreographing exercise programs for people recovering for illness has abundant credibility to any one looking for ways to promote health and wellness. It makes so much sense. It is great that they have a broader concern than just their local community. Their empathy and concern is dispensed to their neighbors around the world. Looking forward to the DVD availability and incorporating it into my own exercise program.

Best Wishes,

Cindy Davis