

00:00:10	Hi, my name's Chris Bombardier, and welcome to inspiring change in haemophilia, a Novo Nordisk film series that is tailor made for people with haemophilia.
00:00:17	When I was growing up, I was really encouraged to be active with my haemophilia, and I think that really helped with joint health, and mobility. I think exercise is an incredibly important part of living healthy with haemophilia.
00:00:28	Another member of our community who is very physically active is Jecorei Lyons. He's a professional dancer and choreographer. We're going to go visit Jecorei, and find out what inspired him to dance, and how it's made a positive impact on his life.
00:00:44	My name is Jecorei Lyons, I'm a severe haemophiliac, I'm a dancer and choreographer, and a little bit about myself is my passion is dancing and stage and set life. I would say one of the biggest challenges of living with haemophilia, or even the day to day, is just waking up not knowing how you're going to feel. Are your joints going to be tight? Will you have a bleed? Can you walk normal, or are you going to have a little stiffness and a little pain?
00:01:15	When I wake up and I have a bad day, the first thing I do is I just take a deep breath and say "it could be worse", that's the first step that I always think of, because there's other people in different situations that may be worse than yours. I know that the day is going to have to continue, I know I'm going to have to get out there and be like a normal person, so to speak, so from that I just take it head on and conquer the day.
00:01:40	Growing up with haemophilia, it's more challenging for everybody else than it is for you. I wanted to play basketball, baseball, and football just like everybody else. I mean cause for any high school kid, or any young boy, running out the paper with the team, or having a varsity jacket means a lot to you, and so for that to be something that was taken away from me was, it was a little tough, but what I had to do was embrace some of my other characters and some of my other traits, and expose those and bring those to life.
00:02:10	The impact that dance has had on my life is one that speaks volumes. Honestly, if I didn't start dancing, my joints wouldn't be as healthy as they are right now, and I probably wouldn't be able to walk or have some type of mobility issues, and that was something that really sparked me having dance. I had really bad ankles when I was diagnosed with haemophilia, and so by the time I was 12 they told me that I wouldn't be able to walk on my own without any type of assistance, and so with me dancing, it strengthened my joints, and it allowed me to live a healthy and active life.
00:02:50	So, as I get ready for performances, or even teaching class, these are some of the stretches, and some of the moves that I like to do just to warm up just a little bit. It's always important to start your stretches, so I start with my forward rolling of my shoulders, and then I go backwards.
00:03:17	Then, after that, spread out, about shoulder length with my feet, and then I just do some simple toe touches, and even if you can't touch your toes all the way, I still try the best that I can. So go real slow so that you feel it all the way through, and never go too quick, because I don't want to strain any muscles, so it's always good, slow and steady is the way that works best for me. Then from there, what I like to do next is just warm my legs up a little bit. Just a little up and down, move around a little bit, just kind of get my ankles ready for all the moves that we're going to do. Alright, now we're ready to bust some moves. I hope you're ready.
00:04:12	Let me show you one of my favourite moves, and it's a lower body

	<p>move, so you've got to be ready to stand up and move around a little bit. Here we go. We're going to start with our right foot, and all we want to do is, we're going to kick it out, we're going to step with the right foot, and step back with the left. Ok, try it one more time, so we're going to kick with the right, land with the right, step back with your left. The way how this looks all simultaneously is here. 1, 2, 3. 1, 2, 3. So you're kicking, you're stepping, and you step back. Got it? Let's speed it up a little bit. Right, right, left. Left, left, right. Right, right, left. Left, left, right. There you go.</p>
00:05:01	<p>I'm Jecorei Lyons, and I'm changing haemophilia with jecoreiography.</p>