Moving Toward the Best Life: Team Ardman



my Ardman Shea and Marty Ardman, both of Weston, FL, are leading a caravan of family and friends to participate in the first-ever Moving Day Miami, on October 7, 2012 at Bayfront Park. This daughter-father duo are the energy behind Team Ardman. Although they both created the team for different reasons—she to support her father who has

Parkinson's disease (PD), and he to be an advocate for the community—they share the same goal: help raise awareness of PD and the importance of movement in improving quality of life.

Moving Day Miami is one of 16 walks taking place in cities across the United States in 2012; however, it is the first major event on the National Parkinson Foundation's (NPF) home turf of South Florida. The foundation has been based in Miami since 1957 when founder Jeanne Levey established the organization to help improve care for everyone living with PD.

Remaining true to this mission, while taking the effort one step further, NPF's *Moving Day* is the first grassroots campaign that spotlights Parkinson's on a national level. Working with the NPF South Florida Chapter, which serves Miami-Dade and Broward counties, this event is expected to draw more than 1,000 walkers.

Both Amy and Marty hope to contribute to the success of *Moving Day*, while expanding the reach of NPF's community of support. "There is a large elderly population in South Florida who are unaware of the early warning signs of Parkinson's and of the myriad of support services that NPF offers," Amy said. "We need to raise awareness and get more people involved with the NPF South Florida Chapter."

Marty, 73, has been involved with the foundation as a volunteer for more than a decade; he received an award from NPF for his countless hours of volunteer service. His goal for Team Ardman is to raise \$10,000, most of which will go back to the NPF South Florida Chapter to help fund local Parkinson's services and educational outreach.



Marty Ardman with his seven grandchildren.

When asked what advice he has for others living with the disease, Marty doesn't hesitate, "Keep moving. Don't sit idle." He certainly follows his own advice—staying in shape by taking a physical therapy class, playing tennis and working with a personal trainer once a week. And he is always sure to work out his mind as much as his body, engaging in challenging mental exercises.

Everyone has a different answer when asked, "Who moves you?" on *Moving Day*, but for Amy the answer is crystal clear.

"My dad greets each day with strength and perseverance and is determined to win the battle against Parkinson's," Amy said. "I am walking for my father and for others living with the disease to help them live their best life."

To learn more about Moving Day, please visit www.npfmovingday.org.

To learn more about the NPF South Florida Chapter, please visit www.npfsouthflorida.org.