

Exercise is Important!

- Research shows exercise may have a protective effect in the brain, slowing the degeneration of brain cells
- Regular exercise helps to maintain functional skills of movement
- Exercise is an active way of coping with Parkinson's. Establishing early exercise habits is an important component of overall management

What types of exercise should I consider when planning my program?

- Flexibility (stretching) exercises minimize effects of stiffness and rigidity, and are particularly important for the trunk and spinal muscles
- Aerobic (conditioning) exercises help preserve endurance/activity tolerance
- Posture exercises help keep the body in good alignment
- Balance exercises help to keep skills sharp and reduce fall risk
- Strengthening exercises counteract effects of disuse... use it or lose it!

Exercise Guidelines

- Perform simple stretches and posture exercises daily
- Follow a varied routine incorporating other components (strength, balance) several times per week
- Aim for aerobic exercise (such as walking, biking, swimming) at least 3 days a week for a minimum of 20 minutes
- Keep intensity at a level that feels "somewhat hard" for you
- Consider joining an exercise class or group. Classes promote follow through and provide a trained instructor to give clear guidelines or modifications
- Try exercise videos or home exercise equipment if it is difficult to get out
- Music can enhance performance by providing rhythm to coordinate movement

Resources for Exercise Follow Through

There is a completely seated exercise program called *Sit and Be Fit* that airs on public television stations around the country. To locate the program in your market, visit www.sitandbenefit.org.

- Fitness Counts*- National Parkinson Foundation (www.parkinson.org) FREE
- Motivating Moves for People with Parkinson's* by Janet Hamburg; DVD (www.parkinsonheartland.org)
- Parkinson's and the Art of Moving* by John Argue; book and video/DVD (www.parkinsonsexercise.com)

- Easy Tai Chi-Qigong* by Don and Victoria Fiore; DVD
(www.taichihealthproducts.com/videos.php)
- Yoga for the Rest of Us* DVD/video (www.publicvideostore.org)
- Delay the Disease* by David Zid; book, DVD, or book and DVD to order
(www.delaythedisease.com)

Involving Your Team

- Check with your physician if you have health concerns that affect your ability to exercise
- Seek a physical therapy referral for help in planning your exercise program