2015 was a big year! The National Parkinson Foundation’s 22 Moving Day® events collectively raised more than $3.2 Million!

<table>
<thead>
<tr>
<th>EVENT</th>
<th>TEAM</th>
<th>DONATIONS MADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Francisco 2015</td>
<td>Shaking Not Stirred (PDers with a Twist)</td>
<td>$81,871.00</td>
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<tr>
<td>Miami 2015</td>
<td>Team Levy</td>
<td>$63,041.00</td>
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<tr>
<td>Miami 2015</td>
<td>Team Terranova</td>
<td>$53,350.86</td>
</tr>
<tr>
<td>Atlanta 2015</td>
<td>Team Beckham</td>
<td>$52,600.00</td>
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<tr>
<td>Chicago 2015</td>
<td>Team Albert</td>
<td>$51,605.00</td>
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<tr>
<td>Chicago 2015</td>
<td>Monhart’s Movers</td>
<td>$48,945.00</td>
</tr>
<tr>
<td>Columbus 2015</td>
<td>Scott Rider’s Runners</td>
<td>$46,606.45</td>
</tr>
<tr>
<td>Chicago 2015</td>
<td>Team Zuckerman</td>
<td>$46,569.31</td>
</tr>
<tr>
<td>Miami 2015</td>
<td>Team LOU</td>
<td>$44,020.00</td>
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<tr>
<td>NC Triangle 2015</td>
<td>The Queen and her Court</td>
<td>$42,955.00</td>
</tr>
<tr>
<td>San Francisco 2015</td>
<td>Team Impax</td>
<td>$34,208.00</td>
</tr>
<tr>
<td>Miami 2015</td>
<td>Team Kozyk &amp; Reno</td>
<td>$23,905.00</td>
</tr>
<tr>
<td>Chicago 2015</td>
<td>Moving for Mom</td>
<td>$21,156.00</td>
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<tr>
<td>Chicago 2015</td>
<td>Cindy’s Buddes</td>
<td>$18,905.00</td>
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<tr>
<td>Kansas City 2015</td>
<td>Stew’s Crew</td>
<td>$17,945.00</td>
</tr>
<tr>
<td>Miami 2015</td>
<td>Team Rolu</td>
<td>$16,765.00</td>
</tr>
<tr>
<td>DC 2015</td>
<td>Shake it Off - Support Stephanie</td>
<td>$16,590.00</td>
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<tr>
<td>Tampa Bay 2015</td>
<td>Wuliger team and family</td>
<td>$15,885.00</td>
</tr>
<tr>
<td>Boca Raton 2015</td>
<td>The Fighting Swords</td>
<td>$14,371.00</td>
</tr>
<tr>
<td>Twin Cities 2015</td>
<td>Greggers Leggers</td>
<td>$14,276.00</td>
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In its short four year history, Moving Day® has raised more than $11 million. Thanks to the incredible teams and individuals who fundraise, we have been able to fund the launch of new programs that help people with Parkinson’s, provide additional resources and support new innovative research initiatives across the country. We would like to thank the many generous donors who have contributed to our success.

Below, check out our top 20 fundraisers in 2015.

For the full list of teams and individual fundraisers visit www.npfmovingday.org
At the National Parkinson Foundation (NPF), we believe that every person with Parkinson’s should have access to expert treatment and care. Everything we do helps people with Parkinson’s live their best lives today, until there is a tomorrow without Parkinson’s. The nationwide impact of Moving Day® is thanks to supporters like you.

The $11 million raised through Moving Day® directly supports the NPF Centers of Excellence network that delivers care to more than 50,000 Parkinson’s patients worldwide; funds cutting-edge research like the Parkinson's Outcomes Project, aimed at providing better treatment and care for people with Parkinson’s; and provides free resources for people with Parkinson’s and their families, such as the NPF toll-free Helpline (1-800-4PD-INFO) and the free Aware in Care hospital kit.

Recently, I had the opportunity to attend a Parkinson’s-tailored boxing program named Rock Steady in Chicago. The energy of the group blew me away and left me feeling inspired. The Rock Steady boxing class was funded in multiple markets in 2015 through NPF’s local community grants for health, wellness and education programs. These classes are just one example of our mission in action—helping people live better with Parkinson’s today!

We’re just getting started. Strap on your boxing gloves and join us in the fight against Parkinson’s.

I hope to see you at one of our Moving Day® events in 2016!

Impact of Moving Day®

Using funds raised through Moving Day® in 2015, we have been able to commit more than $1.25 million to help support local programs, classes and new initiatives for the Parkinson’s community. One of the Moving Day® grant recipients is Keck Medicine of USC’s 5K Training Team in Los Angeles, CA. Led by Assistant Professor of Neurology Sarah Ingersoll, the group was formed with the knowledge that outdoor activity along with camaraderie and goal-setting is a great way to motivate Parkinson’s patients to exercise. Sarah believes that, “While exercise is not magic, there’s substantial evidence for its benefits for people with Parkinson’s disease.”

The 5K Team trains for three events over the course of several months. Starting in September they meet at the Pasadena Rose Bowl and work based on time rather than distance, accommodating all levels and abilities. Each person walks or runs – some with their caregivers, some with Coach Steve Mackel and other supervisors – for a set number of minutes. After training the team sits down for a meeting and complimentary lunch, which usually includes Sarah’s homemade lentil soup. They share hugs and greetings, swap stories and welcome any new participants.

Moving Day® Los Angeles kicked off the first of the team’s 5K season. They came out dressed in their team t-shirts, ready to exercise and have FUN on October 24, 2015, in Long Beach, and will continue training through February.

Your dollars at work—Local Community Grants

Paul Blom, Interim CEO (front row) at a Rock Steady boxing class in Chicago.
October 31, 2015, was the very first Moving Day® walk for Parkinson’s for Jeaninne Wagner. She was diagnosed with Parkinson’s in March 2015, but she decided to not let that stop her from living well or raising more than $40,000 for Moving Day® NC Triangle in Cary, NC.

Jeaninne has spent her adult life helping others through a variety of volunteer efforts such as hospice services, helping out at the Ronald McDonald House, organizing silent auctions for the Center for Child & Family Health and blood drives. Jeaninne’s two daughters decided that Moving Day® was the perfect opportunity to show their mother their love and support, and give to a cause in her honor. Their team name “The Queen and Her Court” was suggested by Jeaninne’s son-in-law because Jeaninne’s husband, John, calls her the queen and her family considers her the queen as well. With their giving nature, Jeaninne and John generously matched their team’s donation up to $25,000. For that we say, all hail the queen!

The third annual Moving Day® NC Triangle was a huge success, in large part thanks to Queen Jeaninne and her supportive team. The Wagner’s royal court showed up to Koka Booth Amphitheatre on Halloween in matching shirts, some wearing orange tutus, and of course, her Highness was wearing a crown.

“Looking back at a photo of my whole team was my favorite part,” Jeannine said. “I was floored at how many people supported me and donated to my team. Family and friends came from Pennsylvania, Florida and Michigan to walk with me. It was really humbling.”

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Moving Day® NC Triangle 2015 was bigger and better than ever. With perfect fall weather, more than 1,200 attendees, dozens of dogs, many in costume, and three dozen agency resources. The day was made even more special with the new additions of Pilates, boxing, music therapy, locally-made donuts and pumpkin decorating.

The celebratory Moving Day® walk would not have been possible without Queen Jeaninne as she kicked it off with the ribbon cutting. “I’ve been open about my diagnosis since the beginning. I jumped into treatments and exercise and am exploring clinical trials. I have to focus on what is in my control. After Moving Day®, I am encouraged to know that there is so much support as I continue to navigate life with Parkinson’s,” Jeaninne said. We look forward to seeing what other majestic waves Jeaninne makes in the Parkinson’s community.

A Picture is Worth a Thousand Likes

The most popular Moving Day® photo shared on NPF’s social networks showed O-H-I-O pride at Moving Day® Columbus, with thousands of views, likes and comments. Whose photo will be next? Share your Moving Day® photos on social media to help spread the word AND fundraise for Moving Day®!
Dear National Parkinson's Foundation,

We were at moving day in Columbus and had a great day. My grandmother has Parkinson's. I had a bake sale with my friends and raised some money. My goal last year was $15.00, and I raised $114.00. This year, my goal was $130.00, and I raised $166.00. Please accept this $16.00 donation to help find a cure.

Thank You

October 23, 2015
I was touched and moved by the whole experience. It was an absolutely beautiful day with so much to see and explore. It was almost overwhelming.

— Moving Day Twin Cities
Recent Exercise Findings from the Parkinson’s Outcomes Project

If you’re involved in Moving Day® you know that staying active is important for people with Parkinson’s disease (PD). Whether you enjoy the Moving Day® walk itself or one of the activities in the Movement Pavilion – yoga, boxing, Zumba and more – you can feel the positive effects of exercise. Regular exercise helps combat muscle stiffness and posture changes, and can improve balance and mobility.

These benefits are backed by data from NPF’s Parkinson’s Outcomes Project, the largest-ever clinical study of Parkinson’s disease. A recent study found that regular physical activity was associated with better physical function, mobility and less cognitive decline in people with PD. In the study, people who exercised at least 2.5 hours per week – and those who started exercising soon after diagnosis – experienced a significantly slower decline in quality of life than those who started exercising later.

A related study found that to maximize physical and psychological health in PD, regular exercise is key. Just like with medications, the dosage amount of exercise matters.

So what kind of exercise is best? The Parkinson’s Outcomes Project study found that any kind of exercise is helpful, as long as you do it regularly. Moving Day® offers the chance to try many forms of exercise, so pick one or more exercises and stick with it to have a positive impact on the deceleration of the disease. Sign up for a Moving Day near you!

To learn more about physical activity visit parkinson.org
Thank You to Our National Partners

The incredible success of Moving Day®, the National Parkinson Foundation’s Signature Walk Program, is due to the remarkable generosity of individuals across the country and the unwavering support from our National Partners. NPF’s National Partners share our mission and commitment to making life better for people with Parkinson’s disease. NPF’s National Partners are integral in expanding our reach to communities nationwide and raising awareness and support to beat Parkinson’s. Our National Partners have embraced NPF as a charity of choice and encourage their employees to volunteer their time through local events and leadership roles and engage their customers and vendors on our behalf. Together, we are doing Whatever it Takes to Beat Parkinson’s®. We thank each of our National Partners for their generosity and dedication in helping us make Moving Day® the most successful national Parkinson’s walk program in the country! Check out our national partners at some of our Moving Day® events.

Looking Ahead

Everything is bigger in Texas

I have been in the Chemical Distribution industry for almost 38 years. When I was 51, I was diagnosed with Parkinson’s disease. Two years later I had DBS surgery and have since been without tremors or Parkinson’s medications. Three years ago I started to get involved in organizations that helped other people with my disease. I began to lead the Dallas YOPD Support Group, served on the Dallas Area Parkinsonism Society Advisory Council and volunteered with Punching Out Parkinson’s and Team Fox North Texas. I still felt like something was missing. I wanted to be part of a national organization that focused on helping people with the disease and their families.

The National Parkinson Foundation had that very focus, but they had not been involved directly in Texas. I had wanted a Moving Day® in the Dallas area for several years so when NPF contacted me about having one, I was ecstatic. There is no doubt that a market the size of Dallas and Texas needed one. There was also no doubt that I wanted to be fully engaged in supporting the event in any way I could. We know there are several thousand people with Parkinson’s in the Dallas area. Moving Day® is an awesome way to reach the area with awareness of what support is available. We will make this a Texas-sized event in November.
We are gearing up for a terrific 2016 Moving Day® year! Consider joining as a Team Captain and let your friends across the country know that Moving Day® will be in their area soon. Below please find our Spring and Fall Moving Day calendar.

**Spring 2016**
- Moving Day® Tampa | Saturday, April 9 . . . . . . . . . MovingDayTampa.org
- Moving Day® San Francisco | Sunday, May 1st . . . . MovingDayBayArea.org
- Moving Day® Twin Cities | Saturday, May 7th . . . . . . MovingDayTwinCities.org
- NEW! Moving Day® Southern CA | Saturday, May 14 . . . . MovingDayNorthLA.org
- Moving Day® DC | Saturday, June 4th . . . . . . . . . . . . MovingDayDC.org
- Moving Day® Silicon Valley | Saturday, June 4th . . . . MovingDayBayArea.org
- Moving Day® Kansas City | Saturday, June 11th . . . . . . MovingDayKansasCity.org
- NEW! Moving Day® Cleveland | Saturday, June 18th . MovingDayCleveland.org

**Fall 2016**
- Moving Day® Buffalo . . . . . . MovingDayBuffalo.org
- Moving Day® Columbus . . . . MovingDayColumbus.org
- Moving Day® Boston . . . . . . MovingDayBoston.org
- Moving Day® Chicago . . . . MovingDayChicago.org
- Moving Day® Los Angeles . . . . MovingDayLosAngeles.org
- Moving Day® Atlanta . . . . . . MovingDayAtlanta.org
- Moving Day® NC Triangle . . . MovingDayNCTriangle.org
- Moving Day® Boca Raton . . . . MovingDayBocaRaton.org
- Moving Day® Miami . . . . . . MovingDayMiami.org
- NEW Moving Day® Dallas . . . . MovingDayDFW.org
- NEW Moving Day® Kentucky . . MovingDayKentucky.org

Visit www.npfmovingday.org for a complete list of events.

Don’t see a Moving Day® near you? Visit our Team Hope™ for Parkinson’s website or e-mail teamhope@parkinson.org to learn how to get involved with a community fundraiser or endurance event!