

FIT TIPS

Why do you need to exercise with Parkinson's?

- 💡 Reduces Parkinson's symptoms
- 💡 Slows the progression of symptoms
- 💡 Regenerates adult brain cells
- 💡 May protect the brain from further damage
- 💡 Helps reduce other health issues
- 💡 Helps reduce falls and injuries
- 💡 Stimulates serotonin, endorphins and dopamine (which Parkinson's inhibits in the brain)
- 💡 Increases brain function
- 💡 Reduces anxiety, stress and depression

What type of exercise is best for Parkinson's?

- 💡 Cardiovascular exercise will help with your fatigue and lethargy
 - Cardio exercise is anything that makes you puff
- 💡 Strengthening exercise will help with your stamina & balance
 - Strengthening involves moving or lifting anything that feels heavy
- 💡 Flexibility exercises will help with your stiffness and rigidity
 - Flexibility can be developed through yoga, stretching exercises and moving further than your normal range
- 💡 Speed and agility exercises help with your slow movement or freezing
 - Speed and agility develop through fast movement and changing directions

How do you exercise with Parkinson's?

Do any exercise/activity with

- 💡 Force
- 💡 Power
- 💡 Speed
- 💡 Control
- 💡 Purpose
- 💡 'Oomph' and gusto
- 💡 Focus

This is what causes the neuroplastic changes in the brain and allows you to form new neural connections and slow the loss of neurones to maintain and improve your movements.

Try to do three to four exercise sessions of around 45 minutes a week. Vary the type of exercise.

On the other three days, work on exercises for your voice (singing), handwriting (art) and balance (dance).

Every little bit of exercise/activity will help. Something is much better than nothing.

Do some squats (moving from standing to sitting, back to standing) while watching TV. Pull your stomach in on each TV commercial and hold as long as possible. Go for an extra walk, maybe a little faster than usual.

The most important thing is to get moving!