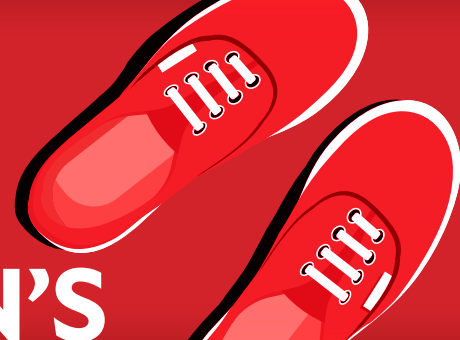


STAYING ACTIVE WITH PARKINSON'S



People with Parkinson's disease (PD) can benefit physically and mentally by adopting—and sticking with—an exercise program. Physical activity can help ease many PD symptoms and is a crucial part of maintaining your balance and gait, and performing daily activities more easily. Moving, stretching, and working out will help you become more flexible, strengthen your muscles, and improve your posture. Mental activities can help enhance cognitive functions such as memory, attention, speech, and problem solving. The type and intensity of the exercises you choose should align with your overall health, PD symptoms, and fitness level.

SOME TIPS TO GET YOU STARTED:

- ☐ Check with your doctor and neurologist before starting an exercise program.
- ☐ Start slowly, and make sure you understand which activities you can perform safely with your condition.
- ☐ Identify your limitations, and work with a coach or trainer to create an exercise program to target them.
- ☐ If at any time while you're exercising you feel pain, soreness, nausea, or related symptoms, stop and take a break.
- ☐ Work out regularly! Research has shown that exercising for 2.5 hours per week can positively impact your quality of life.
- ☐ Try physical activities that enhance flexibility, build strength, and spare your joints, such as aqua aerobics.
- ☐ Perform stretching exercises to help reduce stiffness and improve your mobility, posture, gait, and balance.
- ☐ Choose physical activities you truly enjoy, as you will be more likely to stick with them.
- ☐ Give your brain a daily workout too, by including cognitive exercises.
- ☐ Make it fun and change it up! Keep your routine fresh to help you stay motivated—try various activities, exercising indoors and outdoors, or add a group class.

STRETCHING AND FLEXIBILITY ACTIVITIES	AEROBIC ACTIVITIES	STRENGTH-TRAINING ACTIVITIES	COGNITIVE ACTIVITIES
Yoga Tai chi Seated hamstring stretches Calf stretches Torso/whole body stretches Hip rotations Shoulder, forearm, and wrist stretches	Biking (using stationary, tandem, or three-wheeled bikes) Walking, running Hiking (with walking sticks) Boxing Dancing Swimming (varying strokes) Aqua aerobics Gardening Ping-Pong, golf, tennis, volleyball	Weight training (paired with other exercises) Push-ups or wall push-ups Modified squats Rising and sitting from a chair (repetitively) Resistance bands Pilates	Solve puzzles (crossword, sudoku, jigsaw) and play board games Laugh, smile, watch a funny movie Participate in social activities (e.g., a book club) Try playing a musical instrument Paint, draw, write, and be creative Listen to music and sing out loud

Sources: [APDAParkinson.org](https://apdaparkinson.org); michaeljfox.org; my.clevelandclinic.org; parkinson.org; ncbi.nlm.nih.gov

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