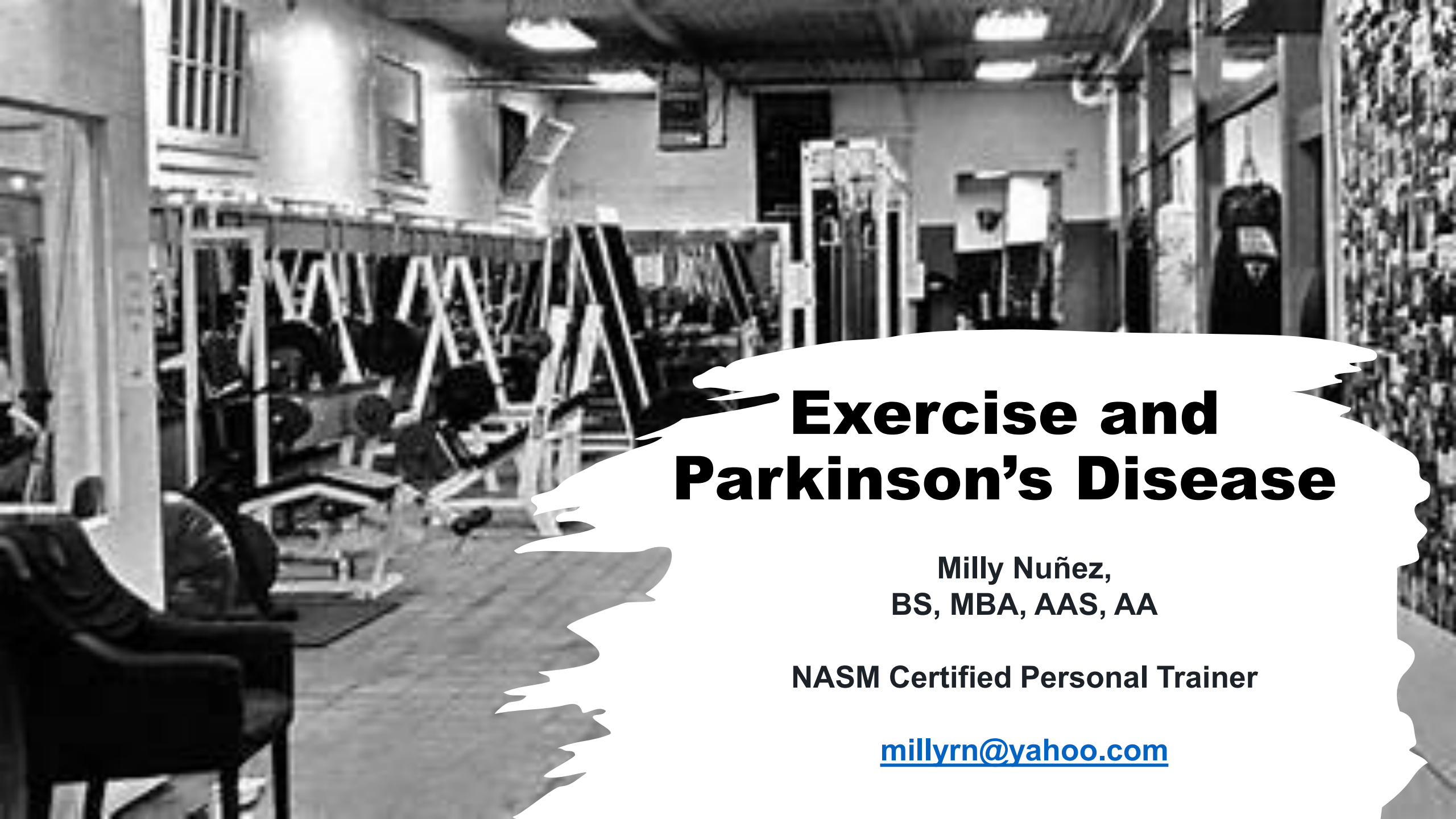

Exercise and Parkinson's Disease

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Objectives

- What is Parkinson's Disease? & How does it affect the body?
- What is exercise? & Why do we need it?
- Where do I begin?
  - Setting a Goal

What is Parkinson's Disease?

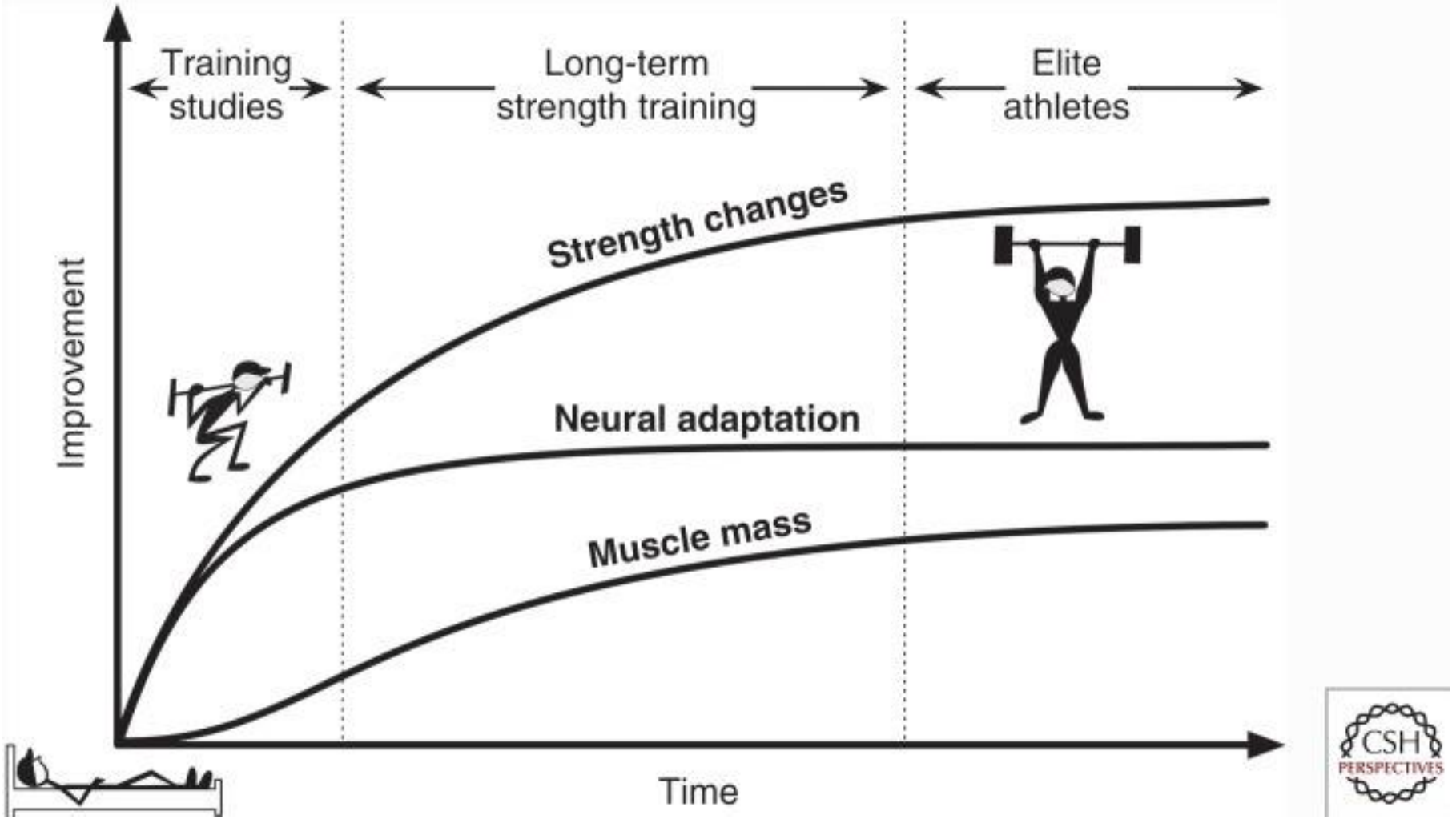
- A degenerative disease in which the nerve cells in the basal ganglia (area that controls movement) deteriorate or die. These cells, or neurons, produce dopamine. Less dopamine causes problems in movement associated with this disease.

(in brief…)

How does it affect the body?

- Involuntary or Uncontrollable Movements
  - Tremors
  - Rigidity
- Difficulty with balance and coordination
- Difficulty walking
- Difficulty speaking
- Mental and Behavioral changes
- Sleep problems
- Depression
- Memory difficulties
- Fatigue

What is Exercise?



Why do we need Exercise?

Body Change

- Creation of neurons
- Maintenance, recovery, and increase in movement
- Muscle growth
- Bone strengthening

Mental Health

- Anxiety and stress may decrease
- Depression may decrease
- Opens the door to support and social relationships
- Increases confidence

Parkinson's Exercise Recommendations

Parkinson's is a progressive disease of the nervous system marked by tremor, stiffness, slow movement and balance problems.

Exercise and physical activity can improve many motor and non-motor Parkinson's symptoms:

Aerobic Activity

3 days/week for at least 30 mins per session of continuous or intermittent at moderate to vigorous intensity

TYPE: Continuous, rhythmic activities such as brisk walking, running, cycling, swimming, aerobics, elliptical

Strength Training

2-3 non-consecutive days/ week for at least 30 mins per session of 10-15 reps for major muscle groups; resistance, speed or power focus

TYPE: Major muscle groups of upper/lower extremities such as using weight

Balance, Agility & Multitasking

2-3 days/week with daily integration if possible

TYPE: Multi-directional stepping, weight shifting, dynamic balance activities, large movements, multitasking such as yoga, tai chi, dance, boxing

Stretching

>2-3 days/week with daily being most effective

TYPE: Sustained stretching with deep breathing or dynamic stretching before exercise

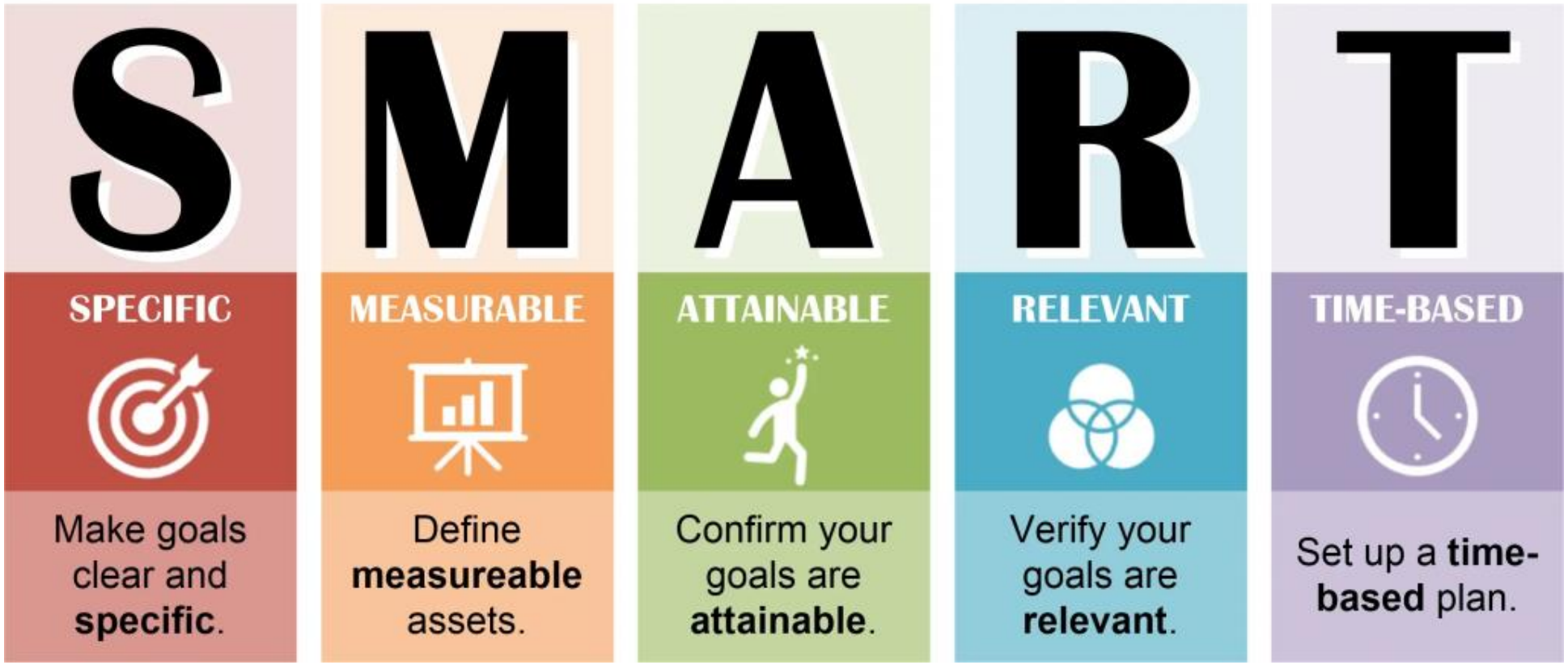
CONSIDERATIONS:

Examples

Aerobic Activity	Strength Training	Balance, Agility, and Multitasking	Flexibility
• Walking • Dancing • Cycling • Boxing	• Body Weight • Weights • Resistance Bands *First, we learn the movement and then we load the movement	• Standing on one foot • Stairs • Throwing and Catching • Movements at different speeds • Reactive movements	• Reach • Rotation • Maintaining posture

Food is our Fuel

Let’s set a Goal…



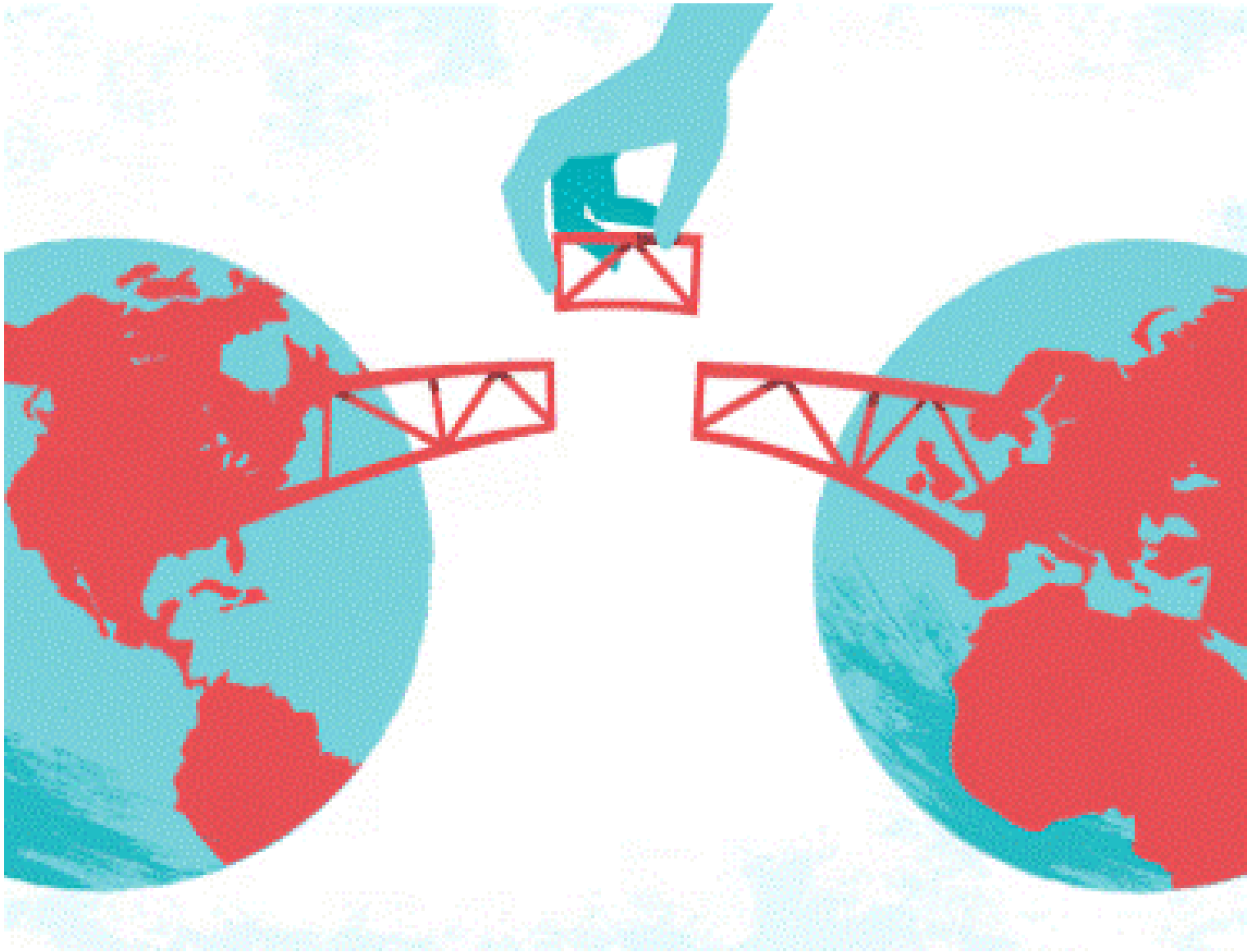
Questions?

Contact Information

- millyrn@yahoo.com
- @movementandmenus
- https://www.youtube.com/watch?v=YTMhH4_hCZ8&list=PLDe9an6q0CBgAmcQEpHHZHSn7cOpVaxUo&pp=gAQB
- Spanish Support Group online every first Tuesday of the month on Zoom at 12:00 pm PST
  - Join Zoom Meeting
  - https://us02web.zoom.us/j/81262195778?pwd=KjmToBecuWuZl2vQaavHSyVpqQmrEq.1

  - Meeting ID: 812 6219 5778
  - Passcode: 641645

Bridging the Gap



Resources:

- https://www.verywellmind.com/mental-health-benefits-of-exercise-2584094
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5983157/
- https://neurosciencenews.com/fitness-neuroscience-23228/#:~:text=Exercise%20stimulates%20neurogenesis%20%E2%80%93%20the%20creation%20of%20new,improves%20cognitive%20functions%20such%20as%20attention%20and%20memory.
- https://www.parkinson.org/library/fact-sheets/exercise-recommendations
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7719906/
- https://www.nia.nih.gov/espanol/parkinson/enfermedad-parkinson-causas-sintomas-tratamientos