

## PROGRAM GOALS

The goals of the program are to:

- Improve the quality of life of Parkinson's disease patients and their caregivers
- Educate patients, caregivers, and the general public about the benefits of maintaining an active lifestyle after a Parkinson's diagnosis.

## WHO CAN PARTICIPATE?

Participants must be 30-75 years old and be diagnosed with Idiopathic PD

## WHEN ARE CLASSES?

This is an on-going program. Call the Midtown YMCA for the current schedule of classes. Plan to arrive 15 minutes early to complete the paper work needed to participate.

## WHAT IS THE COST?

This is a free program for members. Non-members are welcome and pay \$40 for 30 days (or \$10/class).

## READY TO SIGN UP?

Pick up the following forms from the Midtown YMCA:

1. A referral form to be filled out by your healthcare provider
2. A health questionnaire to be completed by the participant
3. A member/participant application form to be filled out by the participant

## CONTACT US

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### YMCA OF SOUTHEASTERN NC

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Wilmington, NC 28412

Nir Family YMCA  
2710 Market St.  
Wilmington, NC 28403

Ogden YMCA Activity Center  
7207 Ogden Business Ln.  
Wilmington, NC 28411

YMCA Camp Kirkwood  
2015 Camp Kirkwood Rd.  
Watha, NC 28478

YMCA Youth Services  
PO Box 3467  
Wilmington, NC 28406

[www.ymcasenc.org](http://www.ymcasenc.org)



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# LIVE BETTER REDUCE YOUR SYMPTOMS

Parkinson's Programs  
YMCA of Southeastern NC



## ABOUT THE YMCA'S PARKINSON'S PROGRAM

The Midtown YMCA is offering Parkinson's Disease-specific exercise classes to improve Parkinson's patients' quality of life. Our Pedal for Parkinson's cycling class uses cycling to help Parkinson's patients improve strength and balance, while PWR! Moves is a land-based exercise class designed to maintain/restore skills lost that interfere with everyday movements. These classes are offered weekly and available to everyone in the community.

## WHAT IS PARKINSON'S DISEASE?

Parkinson's disease is caused by a breakdown in the nerve cells in the brain. The affected nerve cells do not produce enough dopamine, which affects the person's ability to move the way they want to. Tremors, stiff muscles, slow movement, and trouble with balance or walking are all symptoms of Parkinson's disease.

In time, Parkinson's affects muscles throughout the body, leading to difficulty swallowing, digestion, facial movements, and sometimes dementia.

## PEDAL FOR PARKINSON'S

Pedaling an indoor cycle may change the life of someone with Parkinson's disease.

Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace – optimally, 80-90 revolutions per minute.

Fast pedaling is not a cure for Parkinson's disease and should not be touted as such, but compelling evidence shows that it does make a real difference for many who try it.

We do know that fast-paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and eventually surgery to slow the progression of their disease.



## PARKINSON'S PWR!

PWR!Moves is a Parkinson's disease specific skill training program to maintain or restore skills that deteriorate and interfere with everyday movements.

The BASIC4 | PWR!Moves® offer a flexible and functional amplitude-focused exercise approach that targets multiple symptoms, and that allows for adaptation for disease severity.

The BASIC4 | PWR!Moves are performed with large amplitude, high effort, and attention to action in multiple postures (floor, all 4's, sitting, and standing). They specifically target "4" skills shown by research to interfere with mobility in people with PD (antigravity extension, weight shifting, axial mobility, and transitional movements).

