

**If you have been diagnosed with Parkinson's disease, you may be eligible to participate in a program to learn how to exercise from home.**

## **Guidelines for Exercise Training in Underactive Parkinson's Disease or GET UP.**

GET UP is an exercise program designed to assist you through a home-based aerobic and muscle strengthening exercise program. The program also includes one-on-one conversations with a person who will step you through the program.

This guided exercise experience will last 16 weeks (4-months).

### **Participants will receive**

- One-on-one Zoom or telephone calls to guide you through the program
- Motivational and instructional newsletters
- Instructional videos of exercises on DVD
- Use of a Garmin VivioSmart activity monitor
- Elastic bands for muscle strengthening exercises
- \$50 compensation following completion of pre-program assessment
- \$50 compensation following completion of post-program assessments

### **Duration**

- Assessments performed at three time-points, from home, by Zoom or phone call
- 16-week at home exercise program
- No in-person contact
- No travel to a clinic or gym

### **Are you eligible?**

- Age 40-80 years
- Diagnosed with PD and able to exercise
- Not currently engaged in an exercise program
- No known cardiovascular disease

### **Aerobic and Strength Exercise**



**If you're unsure if you meet the requirements, call or email a member of the study team:**

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