



**The Victory Summit® Virtual Event:
Motor Symptoms and Parkinson's**
Movement Break with Lori DePorter and Valerie Kerchner
Davis Phinney Foundation

Lori DePorter (Personal Trainer, Rock Steady Boxing Coach):

Hi, my name is Lori DePorter. This is Valerie Kerchner. We're here for your 15-minute break. We're gonna show you some boxing, some big movements, and a little bit of balance. So here we go. Let's get started.

Valerie Kerchner (Personal Trainer):

We're gonna start with some big movements. So please if you are comfortable sitting, sit, otherwise stand. We're gonna just start with tapping our knees and reaching up and out as far as you can. We're gonna go a little quicker now. Ready? Just take it up. Nice. You just wanna make sure that you are making as big as you possibly can. If you want your hands to go low, you can. If you wanna go up, you can. Just a few more here. Okay. Very nice and relax. The next movement. We're gonna take it to the side. It's called a rock. So, you're going to shift the movement from one leg to the other, sitting down, you rock two. Lori, you wanna explain anything on that?

Lori DePorter:

You open up your hands real wide, make big bees in those fingers. If you're sitting in the chair, you're shifting your weight from one leg to the other.

Valerie Kerchner:

One more, maybe you wanna add, and you wanna look towards the direction of your hand. Okay. And relax. We're gonna take it to the other side now. So put all the weight on this side and reach to the other. Again, you can go on your tippy toes of the back foot as you turn to make it as big as you can.

Lori DePorter:

Also look around the room and say a color that you see. I see red. What do you see Valerie?

Valerie Kerchner:

I see green. I see blue.

Lori DePorter:

Good job.

Valerie Kerchner:



Do one more. Very nice. Okay. Now sitting down or standing up, we're going to take a big step and you're gonna step out and you're gonna push off your foot.

Lori DePorter:

I went to the wrong side.

Valerie Kerchner:

Step out, push back.

Lori DePorter:

If you're in the chair. It's up over, down, up, over, back. Just like you're getting in and out of your car or your bathtub.

Valerie Kerchner:

Or you're stepping over something. We do these movements all the time, so it's good to practice them. Give me three more and relax. Okay. We're gonna shift the other side, ready? And when you're ready, take it out.

Lori DePorter:

Only go as far as you're comfortable.

Valerie Kerchner:

I like that Lori.

Lori DePorter:

Up, over, down, up, over, back.

Valerie Kerchner:

You need to push yourself back, right? So, you gotta make sure that you can do that.

Lori DePorter:

Or if you need to hang onto the counter or your desk or your back of your chair, that's fine. We just want you to be safe.

Valerie Kerchner:

Give me one more. Very good. Relax. Would you like to do one more Lori or you wanna start with the boxing?

Lori DePorter:

Let's start boxing.

Valerie Kerchner:

Okay. Well, I'm gonna have a seat and she's gonna stand up. You can do this standing or seated.

Lori DePorter:

All right. You're gonna do a boxer stance, your split stance. If you're right-handed, your right leg is back. You're gonna bring up your hands to a guard position. We're gonna just do a jab and a cross for this segment. The jab is all the way in all the way out on your front foot. Come back and cross on your back foot. That's your power punch. So, you're saying hello, goodbye, and bring it in. So hello, goodbye, and bring it in. Right, let's go a little faster. Hello, goodbye and in. Hello, goodbye and in. Think of it as your Parkinson's. Hello, goodbye, knock it out.

Valerie Kerchner:

And you know what else Lori? They could be tall or short, whoever you're hello-ing and goodbye-ing right? You can go down.

Lori DePorter:

You can say body head. If you're short like me, really reach. One more. Relax, boxer shuffle. All right, we do that a little bit faster, then we're gonna just do it, just do it a little bit faster. Alright ready? Go. No hole, no hold, no hole.

3, 2, 1, bring it in, boxer shuffle, but you're going to switch sides. Alright, so now your dominant leg is forward. You're still gonna jab cross. So, jab and cross. Remember to turn your hips to the front when you cross. Alright, let's bring it in now. Hello, goodbye. Bring it in. Hello, goodbye and in. Hello, goodbye and in. Hello, goodbye and in. One more. Hello, goodbye, and in. Okay. We do one there's a little bit of speed. Ready? Go. 3, 2, 1, relax.

Bring it forward. Let's do a little march and shake those out. All right. If you're in a chair, you're gonna march your knees. If you're standing again, and you would like to turn, you can turn. So, 1, 2... 3, 2, 1, and turn. This time, add your hands to it. I want you to take your hands and then go in and out. 3, 2, 1, and forward. Turn to the other side. 3, 2, 1. This time, make your hands go up in the air. You're doing multiple movements. It's not easy. 3, 2, 1 back center. Okay. We're gonna do one of my favorite things that I do in class. Okay. You're gonna get a boxer stance and you're gonna punch high and you're gonna go across your body punch high. And do me a favor. Since you don't have gloves on, start with a closed fist and then flick your hands open at the top. Shift in your weight. This incorporates almost everything we've done. 3, 2, 1, bring it in. March.

Valerie Kerchner:

I wanna emphasize that when you're in the chair doing that, you wanna try and lift those hips. Don't be just still you don't have glue on the rear end.

Lori DePorter:

Alright, so, we're doing the same thing, but this time we're going straight out, but we're twisting our bodies. So, we get a little twists in there. Ready? Go. One side and then the other, use your whole torso. Add that flick.

Valerie Kerchner:

And look how we're lifting our feet.

Lori DePorter:

Yep. Your feet are not glued to the ground.

Valerie Kerchner:

Neither is our butt.

Lori DePorter:

Your butt cheeks are not glued to that chair. 3, 2, 1. March. Where do you think we're going next? Ready. Go. Low. Shifting that weight, but keeping that chest up, pushing that torso. 3, 2, and 1, bring it back in. March. All right. So, we are gonna add, we're gonna do something called speed bag and a little bit of balance together. So, you're gonna take a step out on the diagonal. You're gonna lift up your back heel. If you're in the chair, go up on one toe, take your hands and you're gonna go over under, far enough away from your face that you don't hit yourself in the face. That would not make for a good break. All right. Make a circle. Look around the room. Say things that you see. I see my boxing bag back there. One more. Bring it right in front of your, right in front of you. Ramp your engines. You're gonna go as fast as you can. Counting back from eight. Ready, go. 8, 7, 6, 5, 4, 3, 2, 1. Relax, push off and bring it back in. Take a deep breath. And now we're gonna step out to the other side. This time you're reversing your arms. So, it's reverse. And here now let's make a big circle, but your circle's going in reverse as well.

I hope you guys are enjoying the summit so far. They've been great. Bring it in front of your face. Grab your engines and go. Count for me. 8, 7, 6, 5, louder, 4, 3, 2, and one. Bring it in. Relax. Take a deep breath. Let's do a little diaphragm breathing. So put one hand on your heart. One hand on your belly. Take a big deep breath until you feel your belly rumble, blow it out. Two more. One more. It's really important that we keep our lung capacity, because we don't want pneumonia. None of that. All right, so we're gonna do some stretches here. So out to the side, the one arm across and give yourself a great big hug. Pat yourself on the back, stretch these shoulders before we do the little bit of balance, other side out, all right, relax. Shake those out. Put all your weight on one side. Bring your guard up like we did before unless you have to hold onto something and squeeze those hands. I want you just tap forward. Bring it in and tap to the side. Bring it in. You have to do everything in threes. That's what I've heard. Or you get bad juju and you don't want bad Juju. That's our third one.

I gotta switch sides. So forward, in, side and in. Ah, then back. Forward in, side in, one more, forward in, side in. I apologize for the bloopers. It happens. Okay. So, everybody take a big deep



breath, up over your heads, blow it out. One more. Third one, relax. Hope you enjoy the rest of the day and the rest of the summit. And you learn a lot. May your thoughts and your words be in line with your heart. Have a great day.

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