



DAVIS PHINNEY

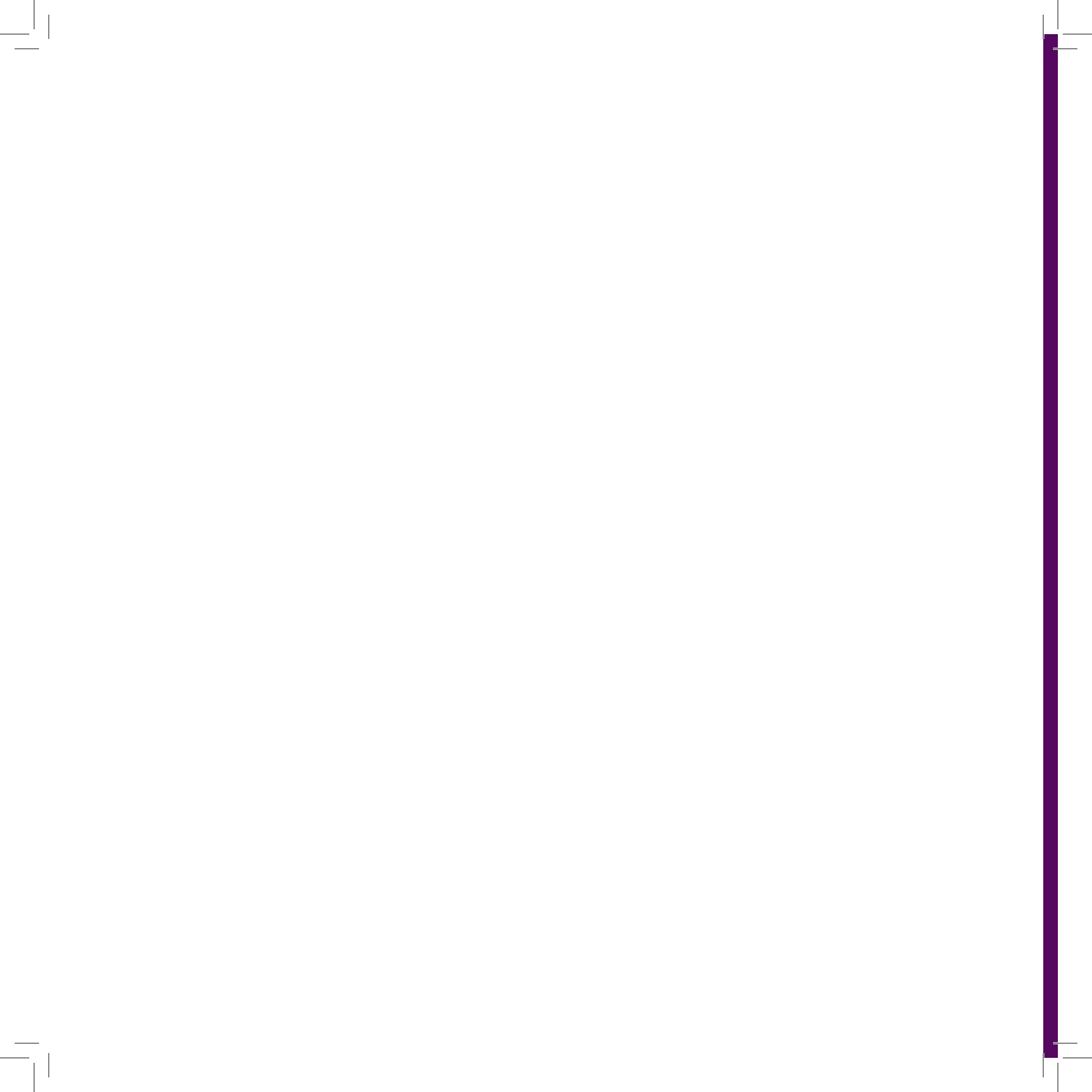
Foundation For Parkinson's

every victory counts®

THE VICTORY SUMMIT[®]
VIRTUAL EVENT

**EXERCISE AND
LIVING WELL WITH
PARKINSON'S**

Friday, November 4, 2022



THANK YOU FOR JOINING TODAY.

Research and anecdotal experience continue to show the critical importance of exercise for people with Parkinson's. Regular physical exercise can improve mobility and coordination, boost mood, reduce stiffness, minimize soreness and fatigue, and may even slow down the progression of Parkinson's itself.

During the event, we'll be talking to some of the most sought-after experts in the field about what kind of movement to do, how much to do, when to do it, and how to know when enough is enough. We'll also address topics such as neuroplasticity, intensity, the value and differences between cardio and strength training, and more. Maybe the best part, however, is that we'll be offering short Parkinson's-specific exercise sessions so you can try out all the different exercise programs you've likely heard about.

By the end of the morning, you will know more about the complexities of exercise and how you can use exercise to improve your quality of life and live well with Parkinson's today.

And today is just the beginning. Our staff, sponsors, resources, and speakers are available today, tomorrow, and beyond to support you. We're glad you've joined us.



This program book includes a special resources section starting on page 12.

THE VICTORY SUMMIT® VIRTUAL EVENT AGENDA

EXERCISE AND LIVING WELL WITH PARKINSON'S

To download today's slides and other resources, visit dpf.org/vs-exercise.

All times listed are MDT.

- 8:00 – 8:45 **Pedaling for Parkinson's** (Optional)
Tom Palizzi, *Davis Phinney Foundation Ambassador*
- Or **LSVT Loud** (Recorded movement session)
Cynthia Fox, PhD, *Co-Founder and Vice President of Operations of LSVT Global, Inc.*
- 9:00 – 9:10 **Welcome and Agenda**
Polly Dawkins, *Executive Director, Davis Phinney Foundation*
Davis Phinney, *Founder, Davis Phinney Foundation*
- 9:10 – 10:05 **Cognition, Mood, and Exercise**
Bas Bloem, MD, PhD, *Consultant Neurologist, Radboud University Medical Centre Medical Director, Parkinson Center Nijmegen (ParC) Co-Director, ParkinsonNet, Netherlands*
- 10:05 – 10:20 **Brain & Body - Power for Parkinson's**
Polly Caprio, *Instructor for Power for Parkinson's*
- 10:20 – 10:30 **Bio Break**
- 10:30 - 11:15 **The Latest Research on Exercise and Parkinson's**
Daniel Corcos, PhD, *Professor of Physical Therapy and Human Movement Sciences and McCormick School of Engineering, Northwestern University*

11:15 – 11:30

PWR! Moves

Stacey Macaluso, *Davis Phinney Foundation Ambassador*

11:30 – 12:00

Boxing

Brett Miller, *Davis Phinney Foundation Ambassador*

12:00 – 12:15

Total Parkinson's Brain & Body

Kristine Meldrum, *Davis Phinney Foundation Ambassador*

12:15 – 12:30

Dance for PD[®]

David Leventhal, *Founder Dance for PD[®]*

12:30 – 12:45

Tai Chi

Mike Braitsch, DPT, *Founder of Tribe Wellness*

12:45 – 1:15

Yoga + Wellness

Indu Subramanian, MD, *Movement Disorder Specialist, Ronald Reagan UCLA Medical Center, and the West Los Angeles Veterans Administration*

1:15 – 1:30

Closing

Polly Dawkins, Executive Director, *Davis Phinney Foundation*
Davis Phinney Foundation Staff and Ambassadors

MEET TODAY'S SPEAKERS



BAS BLOEM, MD, PHD

Professor Bas Bloem is a consultant neurologist at the Department of Neurology, Radboud University Medical Centre, Nijmegen, The Netherlands. He received his medical degree at Leiden University Medical Centre in 1993 and his PhD in 1994. Professor Bloem completed movement disorders fellowships at The Parkinson's Institute, Sunnyvale, California, and at the Institute of Neurology, Queen Square, London. His two main research areas are cerebral compensatory mechanisms, especially regarding gait and balance, and healthcare innovation, aiming to develop and scientifically evaluate patient-centered collaborative care. His work has recently focused on wearable sensors, machine learning, and artificial intelligence. His latest work also focuses on preventing Parkinson's, with emphasis on eradicating environmental toxins and using lifestyle interventions. Bloem also values the publication of remarkable observations in single patients.



MIKE BRAITSCH, PT, DPT

Michael Braitsch is a licensed Doctor of Physical Therapy, a former amateur fighter, former kinesiology professor, and an internationally certified fight referee. In addition to treating individuals, Braitsch runs group exercise programs steeped in leading evidence from physical therapy and exercise science to help people with chronic and progressive conditions move and feel better. He currently researches the effects of non-contact boxing training on impairments associated with Parkinson's and provides programs including SOUTH PAWS Parkinson boxing and Tai chi for balance. One of Dr. Mike's goals is to change how physical therapy is structured for people with chronic and progressive conditions, empowering people to better participate in community wellness. Dr. Mike founded Tribe Wellness, LLC, in 2017 to promote exercise to improve health, fight impairments, and increase quality of life.



POLLY CAPRIO

Polly Caprio is a fan favorite Power for Parkinson's Fitness Instructor on the Power for Parkinson's YouTube Channel and at local in-person classes in Austin, TX. Polly has worked as a health educator in the fitness industry for over 40 years. She has a Health and Safety Education/Community Health degree and is certified as a group fitness instructor with ACE. Polly created the Brain and Body class format at Power for Parkinson's and leads two classes weekly. Her favorite part of the job is witnessing the beautiful and wonderful improvements in the quality of life for people when they exercise.



DANIEL CORCOS, PHD

Daniel Corcos obtained his PhD (1982) in motor control from the University of Oregon after obtaining his master's degree in psychology in 1980. His primary research interests are aimed at helping people with Parkinson's improve their quality of life, improve their mobility and cognition, and slow down the rate at which Parkinson's progresses. Integrating neuroscience and expertise in conducting clinical trials, he focuses on interventions (such as resistance exercise and endurance exercise) that aim to reduce the symptoms and speed of Parkinson's progression. Within this context, Dr. Corcos uses exercise interventions and doses (frequency, intensity, time, and type) that can be precisely controlled to achieve these goals and develops and integrates laboratory-based interventions that people with Parkinson's can employ in their local community. His current research, published in *JAMA Neurology*, suggests that high-intensity endurance slows the rate at which Parkinson's progresses. These findings have been covered in the *New York Times* and the general press worldwide. Dr. Corcos lectures nationally and internationally to physicians, neuroscientists, and patients on the benefits of exercise for those with Parkinson's.



POLLY DAWKINS

Polly brings 25 years of for-profit and nonprofit experience to the Davis Phinney Foundation. That experience includes 13 years leading business-to-business, engineering, and international operations of a global satellite communications provider and, closer to her heart, creating a local fundraising chapter of an international literacy organization. Polly's track record managing and growing organizations responsibly and transparently dovetails with her humanitarian worldview. She is committed to making wise use of the Foundation's resources, enabling it to extend its reach while staying true to its mission. Polly is passionate about helping people with Parkinson's thrive by providing education and connection to the community and funding quality of life research that takes the guesswork out of living well.

MEET TODAY'S SPEAKERS



CYNTHIA FOX, PHD

Dr. Fox received her doctorate in speech and hearing sciences from the University of Arizona, Tucson. She is an expert on rehabilitation and neuroplasticity and exercise's role in improving function consequent to neural injury and disease. Dr. Fox began working with Dr. Ramig over 20 years ago, conducting efficacy research on LSVT in people with Parkinson's, and was the first to apply this treatment to disorders other than Parkinson's (e.g., multiple sclerosis). Dr. Fox serves as faculty for LSVT LOUD and LSVT BIG training and certification courses. In addition, she has numerous publications in these areas of research and has presented extensively nationally and internationally. Dr. Fox was recently appointed CEO of LSVT Global.



DAVID LEVENTHAL

David Leventhal is a founding teacher and Program Director for Dance for PD[®], a program of the Mark Morris Dance Group that has now been used as a model for classes in more than 300 communities in 25 countries. He leads classes for people with Parkinson's around the world and trains other teachers in the Dance for PD[®] approach. He has co-produced five volumes of a successful At Home DVD series for the program and has been instrumental in initiating and designing innovative projects involving live streaming and Moving Through Glass, a dance-based Google Glass App for people with Parkinson's. He received the 2016 World Parkinson Congress Award for Distinguished Contribution to the Parkinson's Community and was a co-recipient of the 2013 Alan Bonander Humanitarian Award from the Parkinson's Unity Walk. He graduated from Brown University with honors in English Literature.



STACEY MACALUSO

Stacey Macaluso has worked with the Parkinson's community for over ten years. She led the Parkinson's Connection at the Katz JCC in Cherry Hill, NJ, from 2017-2022 and developed the program to be one of the most extensive programs on the east coast for people with Parkinson's. As coordinator and coach, Stacey has received many awards for her work, including being a nominee for the Rock Steady Boxing Coach of the Year award in 2020. Stacey is the founder of Mission PD, where she is a life coach and fitness specialist virtually for people all over the world, teaching Rock Steady Boxing, Pedaling for Parkinson's, PWR Moves!, and Dance for PD. She has also practiced as a dental hygienist in the South Jersey community for three decades. Stacey lives in New Jersey with her husband Michael of 30 years, where they raised their children Adrienne, Michael, and Abigail.



KRISTIN MELDRUM

Kris Meldrum is President of Parkinson's Place Iowa and an Ambassador for the Davis Phinney Foundation for Parkinson's. As a Parkinson's Wellness Coach, she has more than 15 years of experience in the fitness industry and worked for a decade in the medical fitness industry before starting Genesis Health Club's Neuro Wellness Program in 2020. Kris's writing has appeared on the Davis Phinney Foundation for Parkinson's website, Rock Steady Boxing In Your Corner National Magazine, and The American Parkinson's Association's (APDA) IA Chapter LiveIt magazine. Kris is an American Council on Exercise (ACE) Senior Fitness Specialist; an ACE Certified Group Fitness Instructor; an ACE Approved Parkinson's Cycle Coach; a Certified Mad Dogg SPINNING® Advanced Instructor; a Mad Dogg SpinPOWER® Instructor; a Certified Rock Steady Boxing Parkinson's Head Coach; a Certified Ohio Health Parkinson's Delay the Disease™ Instructor; an SCW Certified Aquatic Instructor, and has completed the APDA Parkinson's Training for Fitness Professionals. Kris also speaks nationally at Parkinson's Conferences about "How to Exercise to Improve Parkinson's Symptoms—The Science Behind Parkinson's Exercise."

MEET TODAY'S SPEAKERS



BRETT MILLER

Brett is the founder and owner of 110 Fitness in Rockland, Massachusetts, an all-inclusive wellness center that's the largest in the world for individuals with Parkinson's. Brett is passionate about adaptive fitness and inspiring the best in everyone he meets. His wellness design aims to set a new standard for people with Parkinson's through holistic and fitness-based approaches. Brett is a licensed physical therapist with 27 years of experience in sports therapy, acute and intensive care, long-term care, and wound care settings. Brett is certified in Concept 2 Rowing, PWR!Moves®, Pedaling for Parkinson's, SCW Boxing Fitness, SCW Aquatics Exercise, and Tai Ji Quan: Moving for Better Balance. Brett is also a US Army veteran and is proud to have served as a combat medic trainer for special operations and oversaw the construction and development of the DEPMEDS for the United States Army. He recently published, *It's A Beautiful Day to Save Lives: A Medic's Journey to His Destiny*. Brett serves as the Massachusetts Parkinson's Registry co-chair and a Massachusetts State Athletic Commission Commissioner. He has also been a long-time Ambassador for the Davis Phinney Foundation.



TOM PALIZZI

Tom Palizzi is actively engaged in the global Parkinson's community, serving on the board of directors for a national Parkinson's foundation and patient advisory council while always remaining involved with public policy and disease legislation. Locally, he leads Pedaling for Parkinson's indoor cycling classes three days a week, and you can also catch him speaking to support groups. He believes being active and engaged are vital to living well with Parkinson's. As an Ambassador for the Davis Phinney Foundation, he hopes to help others understand how they can live well too.



DAVIS PHINNEY

Davis Phinney was fresh off a successful professional cycling career, where he won an Olympic bronze medal in 1984 and was part of the first American team to race in the Tour de France, when he was diagnosed with Parkinson's. He founded the Davis Phinney Foundation in 2004 with the goal of helping people living with Parkinson's to improve their quality of life through education, inspiration, resources, and effective self-care. Davis' perseverance, coupled with his infectious positive attitude and dedication, inspires the work of the Davis Phinney Foundation and has earned him the reputation as a tireless advocate and mentor for others living with Parkinson's. In spring 2015, he was honored at the White House as a Champion of Change because of his work in the Parkinson's community.



INDU SUBRAMANIAN, MD

Dr. Subramanian received her medical degree from the University of Toronto, Canada, and did her neurology residency and movement disorders fellowship training at UCLA. Dr. Subramanian is now a Clinical Professor of Neurology. She established the movement disorder clinic at the West Los Angeles Veterans Administration and has assumed the position of the Director of the Southwest PADRECC (Parkinson Disease Research, Education, and Clinical Care) Center of Excellence in Parkinson's. Dr. Subramanian has a deep interest in integrative medicine, particularly in Yoga and Mindfulness. She underwent a 200-hour yoga teacher training and studied mindfulness at the VA with J.G. Serpa and Christian Wolfe through Insight LA. In addition, she is currently designing a yoga teacher training program for yoga instructors interested in working with people with Parkinson's. Dr. Subramanian recently got board certified in Integrative medicine. She is also passionate about palliative care in Parkinson's, is doing a contemplative fellowship for health care providers through the New York Zen Center, and is an AAN Palitucci Fellow.

RESOURCES TO HELP YOU LIVE WELL **TODAY.**

You took a great step towards living well by joining today's event. Read on to learn more about other programs and resources available to help you continue on your journey.





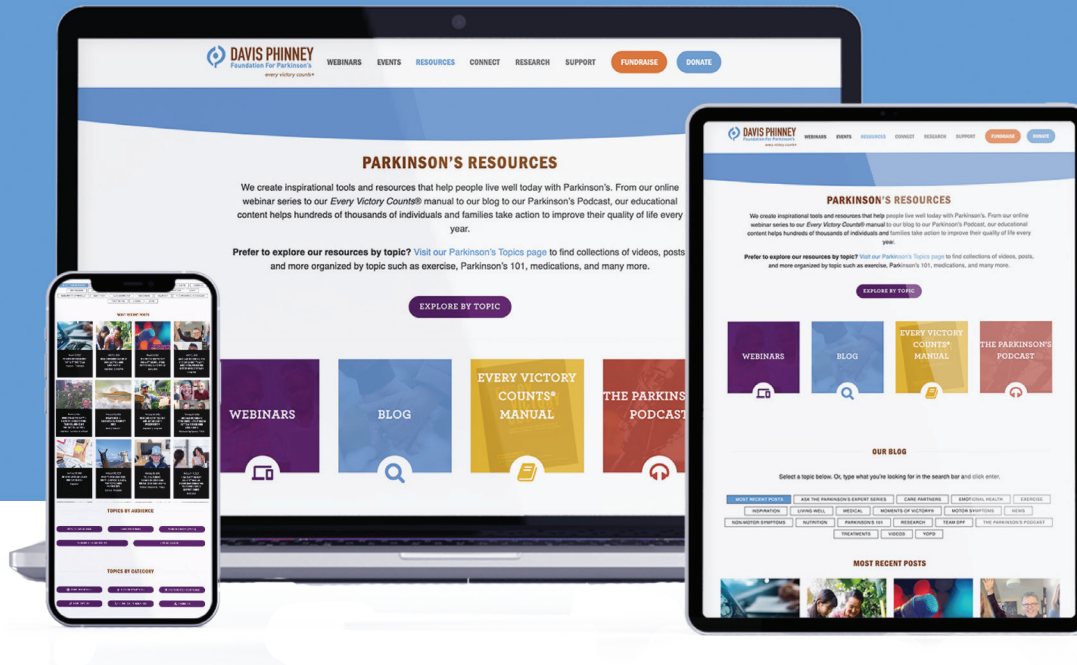
MEET OUR AMBASSADORS



When we created our Ambassador Leadership Program in 2015, we did so because we recognized that, more than anything, our community members want more connection to people who truly understand what it means to live with Parkinson's. We hear so often that the support of our Ambassadors goes far beyond resources and advice. Our Ambassadors offer people a safe place that allows for real processing and change to happen.

The experience and wisdom our Ambassadors bring to the Parkinson's community is transformative, and we hope you will reach out to them throughout your journey with Parkinson's. Connect with an Ambassador in your area or reach out to anyone you think you would connect well with, regardless of location. Ask questions, discover new resources, and get advice on how to live well with Parkinson's.

Ask questions, discover new resources, and get advice on how to live well with Parkinson's at dpf.org/ambassadors.



For more information on everything from exercise, treatments, complementary therapies, and more, we've created an online resource especially for you.

Visit dpf.org/resources and you'll find sections on:

- » Parkinson's tools, techniques, and technology
- » Parkinson's organizations
- » Parkinson's experts and Ambassadors
- » The Victory Summit® event speakers
- » *Every Victory Counts*® manuals
- » And more!

In addition, this guide shares a variety of ways that you can stay connected to take what you learned at The Victory Summit® Virtual Event and put it into action to live well today and in the future.



LIVING WITH PARKINSON'S

Everything you've ever wanted to know about Parkinson's but were afraid to ask

Our monthly Living with Parkinson's Meetup brings together all people diagnosed with Parkinson's—young, old, early, late—for open, honest, real, and always fun conversations about everything you've ever wanted to know about Parkinson's but were afraid to ask.

Parkinson's is like a modern car. One little glitch in the hardware and all hell breaks loose. During our monthly Living with Parkinson's Meetups, we talk about all the things that break loose, go wrong, make you laugh, make you cry, go right, go weird, and everything in between.

It's the hour of truth you never knew you needed.

JOIN US MONTHLY

The Third Thursday of Every Month

1 - 2 pm Mountain Daylight Time

(12 pm PDT, 2 pm CDT, 3 pm EDT, 8 pm GMT)

Learn more and register at dpf.org/livingwithparkinsons.

EVERY VICTORY COUNTS®



First published in 2010, the Every Victory Counts® manual broke new ground as the only resource of its kind, devoted solely to the principle of proactive self-care and a holistic approach to managing Parkinson's. In subsequent editions, it has gained international recognition as a superb and comprehensive resource for changing the way people live with Parkinson's. Now in its sixth edition, the manual is the cornerstone of our new Every Victory Counts suite of resources, a robust collection of printed and digital manuals that embrace the Davis Phinney Foundation's philosophy of taking action to improve your quality of life with Parkinson's. In it, you'll find:

- » Essential information about Parkinson's plus dozens of topics that are frequently overlooked but critical to helping you live well
- » Insights from more than 50 Parkinson's experts, including physicians, therapists, and scientists who share cutting edge research, strategies, and ideas for living well with Parkinson's
- » Advice and inspiration from dozens of people living well with Parkinson's today
- » In-depth information about exercise, nutrition, emotional health, medication, therapies, and more



*Your go-to guide for living well
with Parkinson's*



Available in print, digital, and audio.

The Every Victory Counts collection includes:

- » The *Every Victory Counts* manual, print and digital
- » The *Every Victory Counts* manual for Care Partners, print and digital
- » *Every Victory Counts* Worksheets and Assessments
- » *Every Victory Counts* Discussion Guides
- » *Every Victory Counts* Companion Website
- » And more to come!

Order your complimentary copy of the Every Victory Counts manual and/or the Every Victory Counts Manual for Care Partners today at EveryVictoryCounts.org.

THANK YOU TO OUR SPONSORS

We fight disease,
so more you
shines through.

**Protecting what makes you, uniquely you,
drives us every day.**

We are Acadia, fiercely committed to elevating life through science for people impacted by CNS disorders every day. By collaborating with each other, inviting new ideas within and beyond our walls, we're dedicated to protecting everything that makes you, uniquely you — enabling brighter moments for patients and their loved ones.

Learn more about our trailblazing breakthroughs in neuroscience at www.acadia-pharm.com

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We make healthy possible



Challenging
Convention,
Changing Lives



Acadia Pharmaceuticals

Acadia is trailblazing breakthroughs in neuroscience to elevate life. For more than 25 years we have been working at the forefront of healthcare to bring vital solutions to people who need them most, including the first and only approved therapy for hallucinations and delusions associated with Parkinson's disease psychosis.

www.MoreToParkinsons.com



Amneal

At Amneal, it's our mission to make healthy possible for people affected by Parkinson's. We believe in partnering with patients, care partners, healthcare providers, and advocacy organizations — because together, we can achieve so much more.

Patient.RytaryBooth.com



Kyowa Kirin

Kyowa Kirin is committed to innovative drug discovery driven by state-of-the-art technologies. We work across the world to champion new solutions for patients and caregivers in four therapeutic areas: nephrology, oncology, immunology/allergy, and neurology (CNS). You can learn more about our values, our business, and how we help patients suffering from serious illnesses, like Parkinson's, by visiting

www.KyowaKirin.com



Supernus

At Supernus, we hold a fundamental belief that our science has the potential to improve the lives of people with Parkinson's. Our commitment to people with Parkinson's and their care partners is reflected in all that we do. Our pipeline of development projects, along with our four currently available Parkinson's treatments, reflect our resolve to bring innovative solutions to the Parkinson's community.

www.Supernus.com/commercial-products





We work on some of the hardest to treat diseases, where the need remains high and potential for life-changing impact is significant.

Offering meaningful change and new hope for patients and their families... **that's**

profound impact.

To learn more about us and our innovative work, please visit kkna.kyowakirin.com

KYOWA KIRIN



Actor portrayals.

BE
icONic
 WITH PD™

Supernus Pharmaceuticals is proud to partner with the community to highlight the icONic ways those living with Parkinson’s disease (PD) strive to live their best, most icONic lives!

We believe that every PwP (Person with Parkinson’s) has an icONic moment to celebrate and share. We’d love to hear yours. No victory is too small to share—let’s celebrate together!



Visit us on Facebook! Scan here.



**ADDITIONAL SUPPORT
 PROVIDED BY:**

abbvie

**PUTTING PATIENTS FIRST
 MEANS ALWAYS
 SEARCHING**
 FOR WAYS TO TAKE ON ADVANCING
 PARKINSON'S DISEASE

Visit www.optionsforAPD.com
 for more information

31A-1834241



PAY IT FORWARD

Our event today is made possible by individuals just like you who donate to “Pay It Forward.”

By going virtual with this series, we’ve reached more people than ever before with information and inspiration to help them live well today. Each event focuses on information relevant to specific concerns. All share expert advice, experiences, information, tools, and inspiration so people with Parkinson’s and their care teams can take control and live well today.

With your tax-deductible donation to the Davis Phinney Foundation, you can be a part of creating these events and helping us reach more people with the message that **it IS possible to live well with Parkinson’s**.

Thank you for helping us to create these inspirational events.

Contributions can be made online at dpf.org/pif-exercise or by telephone at (866) 358-0285.

TAKE ACTION TO LIVE WELL TODAY

Just a decade ago, researchers, clinicians, and people living with Parkinson's did not stress the importance of exercise, stress management, diet, and other positive life choices on Parkinson's. Today, we know that your experience can be affected in a positive way by your choices and actions. Here are some you can take right now to start living well with Parkinson's:

- » **Listen.** Pay attention to your body and report any changes to your healthcare team. Listen also to family and friends who may see changes in you.
- » **Think holistically.** Holistic health means that you look at your whole self and take an integrated approach to care. Every part of you is connected to and influenced by the other parts of you; so, it is important to address Parkinson's through lifestyle, diet, exercise, stress management, relationships, and personal and spiritual care and growth.
- » **Be informed.** Learn how personal and lifestyle habits can affect your symptoms. The more you know about Parkinson's, the more empowered you'll feel to form useful habits to combat your symptoms. For instance, physical activity is critical at all stages of Parkinson's. However, a regular exercise program will take time and energy from other aspects of your life. Knowing which activities to keep or eliminate will maximize the positive impact of the choices you can control.



Information

Read “How Important is Exercise for People with Parkinson’s” to learn more.

dpf.org/exercise-importance

- » **Be prepared.** Organize your healthcare documents and other important information, so you always have it on hand. Prepare for your medical appointments to get the best results from your time with the doctor.
- » **Be your own best advocate.** Ask for a referral to a rehabilitation therapist if you haven’t received one. Talk with your healthcare team about your goals and concerns. Make them aware of areas you want to improve. For instance, if using a keyboard has become difficult, ask your doctor about strategies to improve hand function. If you seek treatment early and are specific about symptoms or problems that make everyday life frustrating, you’ll help your doctor tailor the most effective treatment plan.
- » **Stay Connected.** Seek support from people with whom you feel comfortable sharing your thoughts and concerns. Your support system may include people you trust, such as specific family members, friends, or individuals from church or work. Support groups can be helpful, as are group exercise classes and gathering with small groups of other people living with Parkinson’s who encourage and inspire you.
- » **Prioritize the symptoms you can change.** This may mean taking medicines on time to limit symptoms or beginning rehabilitative therapy to improve your posture or the volume of your voice. It will mean starting or renewing your commitment to daily exercise and may also include changing your lifestyle to promote overall health by losing weight, stopping smoking, and eating a healthy diet.

LIVE WELL TODAY

- » **Learn to live with the symptoms you can't change.** Although a combination of medications, complementary therapies, and lifestyle changes will help you manage Parkinson's symptoms, symptoms will still show up in different ways in your life. Start to learn different ways to live with the reality of symptoms as you manage them or ways to manage those symptoms that may be less responsive to therapies. For instance, if a bothersome tremor doesn't always respond to medications, try reducing the anxiety that can make them worse. Practice deep breathing relaxation techniques and intentionally reduce stress as other ways to help manage tremor.
- » **Learn about clinical research trials.** Many researchers look to understand the impact of medicines in the early stages before any other medicine has been started, and they are always looking for participants. Another significant area of research is the study of neuroprotective therapies that can slow or potentially even stop the progression of Parkinson's. While taking part in a research trial is not for everyone, many love playing a role in advancing the science of Parkinson's for the greater community. Learn more online at clinicaltrials.gov and foxtrialfinder.org.



Inspiration

Read “How to Exercise to Improve Parkinson’s Symptoms: The Science Behind Parkinson’s Exercise” to learn more.

dpf.org/exercise-science

- » **Practice gratitude daily.** Train yourself to shift your attention to things that bring you joy instead of concerns over which you have no control. Call a friend, write a gratitude letter, perform a random act of kindness, or donate your time to a cause. When you experience things that bring you joy, whether big or small, take the time to savor them and be fully present. By building little moments of gratitude into your daily routine, you will begin to see that your world is filled with things to appreciate.
- » **Stay positive.** A positive attitude keeps the focus on what you can do, not what you can't. It fosters hope. If you're having a bad day, *search for the small victories and celebrate them.* Remember, tomorrow will bring another opportunity to live well.



Inspiration

Read “Staying on Track with Your Exercise Routine” to learn more.

dpf.org/exercise-routine

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