



# PEDALING FOR PARKINSON'S™

*Rider Guide* //// 



**DAVIS PHINNEY**  
Foundation For Parkinson's

*every victory counts®*





## ABOUT PEDALING FOR PARKINSON'S ///

For more than ten years, Pedaling for Parkinson's (PFP) classes have helped thousands of people with Parkinson's get moving, find community, and feel better. We're so happy you've found this resource. This guide will help you consider whether this program is right for you, find a class to attend, and know what to expect at your first class.

In 2023, the founder of Pedaling for Parkinson's, Dr. Jay Alberts, chose the Davis Phinney Foundation to become the stewards of this innovative and effective program. With Davis's roots in cycling and the Foundation's history as an advocate for exercise, this was a natural next step to ensure the sustainability and broad availability of this program for people living with Parkinson's across the country (and, soon, globally).

## ABOUT THE DAVIS PHINNEY FOUNDATION ///

Since 2004, the Davis Phinney Foundation has brought to life essential programs, research, content, and events for those affected by Parkinson's, including people living with Parkinson's and those who love them, physicians, allied health professionals, and others. In addition to PFP, programs of the Foundation include:

- » [Every Victory Counts® manual and Every Victory Counts® Care Partner manual](#)
- » [The Victory Summit® event series](#)
- » [Healthy Parkinson's Communities™ initiative](#)
- » [Ambassador Leadership Program](#)
- » [Parkinson's webinars and meetups](#)
- » [The Parkinson's Podcast](#)
- » [Quality of life research program](#)

These programs impact hundreds of thousands of people living with Parkinson's and their families each year. Learn more about the Foundation at [dpf.org](https://dpf.org).



# PFP RIDER INFORMATION ///

## THE PROGRAM

The Pedaling for Parkinson's program is based on research indicating that forced exercise on a bicycle can reduce symptoms of Parkinson's. The protocol includes a one-hour ride with:

- » a 10-minute warm-up at 60 rotations per minute (RPMs)
- » 40 minutes at 80 RPMs
- » a 10-minute cool down at 60 RPMs.

For convenience, most programs are offered on indoor, stationary bikes and hosted at local YMCAs, gyms, or other community spaces.

Participants who ride three days a week over eight weeks have shown improvement in their Parkinson's-related symptoms by as much as 35%. Classes usually meet on Mondays, Wednesdays, and Fridays or on Tuesdays, Thursdays, and Saturdays.

A typical Pedaling for Parkinson's class includes an instructor and as many participants as bikes are available at each facility. Class sizes range anywhere from three to 30 participants.

## THE RESEARCH

Dr. Jay Alberts and his colleagues have dedicated 17 years to studying the effects of exercise, primarily forced cycling, on performance in people living with Parkinson's. Each project has inspired the next, and the research continually support anecdotal evidence that forced and high-intensity aerobic exercise improves motor function (and more) in people with Parkinson's. Learn more about about the timeline of this research on the Davis Phinney Foundation website at [dpf.org/PFPresearch](http://dpf.org/PFPresearch).

## FINDING A CLASS

PFP classes are available in YMCAs, community centers, and gyms across the country. To see if there is an in-person class near you, search your zip code on our "Join a Class" page [here](#). If you cannot find a class near you, you may wish to join one of our [PFP Online classes](#). Or, consider becoming a local advocate to [bring a class to your area!](#)

*Know of an active class in your area that is not listed on our website? [Tell us here.](#)*

## JOINING A CLASS

Registration is required for for all in-person and online classes.

**Registration for in-person classes** is managed by the class facility. To find out how to sign up, reach out using the contact information provided on our [website](#). When you register, you will likely need to complete a waiver or other documentation for the facility.

You can find a current schedule of **online classes** on our website at [dpf.org/PFPonline](http://dpf.org/PFPonline). To sign up to join one of our PFP online classes, complete the online registration form, and you'll be provided with links and information on how to join. For more information about what you'll need to participate, review the requirements on page 5.

## PARTICIPANT REQUIREMENTS

Pedaling for Parkinson's may not be suitable for every person with Parkinson's. You should consult your doctor or others on your medical care team before starting any new exercise program.

When planning to attend your first class, you may want to see if your instructor is available 10-15 minutes before class to answer questions and ensure you are able to participate safely.

### *In-person Classes*

Your instructor should make sure you can safely mount a stationary bike. Once familiar with getting on and off the bicycle safely, you will need to be able to secure your feet in or on the pedals and maintain a safe and suitable body position to stay on the bike throughout the duration of the class.

Participants should come to class with the following:

- » Comfortable clothing suitable for exercise, which may include padded cycling shorts
- » Closed-toed exercise shoes with a firm sole such as tennis shoes, joggers, or trainers (Cycling-specific shoes are optional but not required)
- » Water bottle
- » Heart-rate monitor (not required but may be helpful)
- » Portable seat pads, gloves, ear plugs, towel, or other equipment if desired for added comfort
- » Any medications needed before, during, or after class

## Online Classes

To participate in online classes, you will need an internet enabled device (smart phone, iPad, tablet, laptop, etc.) and access to an indoor, stationary bike, such as:



**Bicycle trainer stand that uses your existing bike's gearing and/or wheel.**



**Indoor exercise bike (standup or recumbant) with a computer or display to show you resistance/speed/cadence.**



**Indoor stationary studio bike typical of a bike you'd find for class use at gyms.**

You are encouraged to wear proper cycling apparel such as padded cycling shorts and a comfortable shirt. We also recommend having the following:

- » Water bottle
- » Heart rate monitor
- » Cadence Monitor
- » Clip-in shoes (optional)
- » Seat pads, gloves, etc. (optional)

## WHAT'S NEXT? ///

We hope this guide answered your questions and will help you get started attending a PFP class soon. Have other questions before you start or want to speak with one of our staff members? Contact us at [pedalingforparkinsons@dpf.org](mailto:pedalingforparkinsons@dpf.org) or by calling 1-866-358-0285.

