

Resources to Improve Exercise Habits for People with Parkinson's Disease

The resources included in this toolbox were designed with input from members of the PD community to help people with PD increase or sustain their exercise.

Please also refer to the toolboxes for people with PD and healthcare professionals for more information.

For PD Community Exercise Advocates

Description of Resources

Table of Contents	
Document	Instructions for Use
Exercise Challenges Tri-fold Pamphlet	Provide at community events for people with PD to provide ideas for how to manage exercise challenges.
Exercise Videos for Parkinson's Disease	Provide for people with PD to gain motivation and inspiration to exercise
How to Make a Relevant and Engaging Video	Use as a guide to create a video of your own about exercising with PD

**For more
research
information:**

Please visit:
bit.ly/exercisePD

**Get your PD
questions
answered in
English and
Spanish:**

Call:
1-800-4PD-INFO
(1-800-473-4636)

Or email:
helpline@parkinson.org

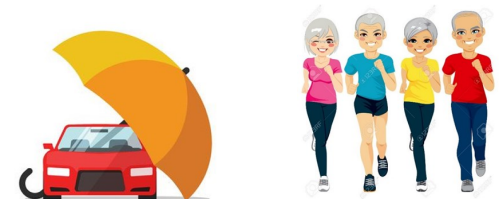
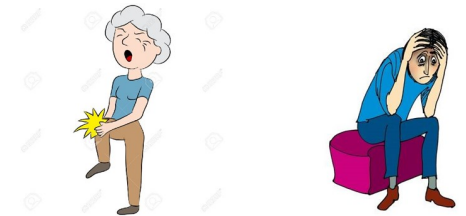
Shirley Ryan
Abilitylab.

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Overcoming Challenges to Exercise with Parkinson's Disease (PD)





I Have Physical Problems

People with PD voice common physical problems such as: fatigue, pain, injury, sleep, PD symptoms, and fear of falling as challenges to exercise.

See a Doctor to ask about issues related to fatigue, pain, medication, and PD symptoms that may be affecting your mobility.

See a Physical Therapist to ask about understanding your pain, guidance on exercise that is right for you and your physical problems. Physical Therapists may also be able to help restore movement for people living with PD.



I Have Mood Problems

People with PD share common issues with mood or motivation interfering with exercise such as feeling apathetic or depressed, or experiencing loss.

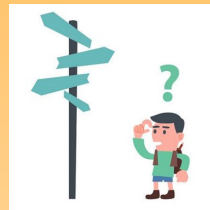
See a Doctor to ask about medications for mood changes that may be related to your PD, or ask for a referral to a **Social Worker/Counselor, Psychiatrist, or Psychologist** who specializes in diagnosis/treatment for mental illnesses, behavior management or therapy for people experiencing distress.



I Don't Have Time

People with PD often face problems related to lack of time to exercise such as: other obligations, time commitments, family/kids, work, appointments that may interfere with developing an exercise routine.

To learn more about how to develop strategies and how to prioritize exercise to make it part of your regular routine, visit our research webpage for links to more info/resources at: bit.ly/exercisePD



I Need More Info

How, why, what type?

Some people with PD have also pointed out that they just didn't know how to exercise or why exercise is so important for PD.

To find more information, talk with your **Doctor, Physical Therapist or Exercise Professional** (fitness coaches or personal trainers to help you carry out proper exercise techniques) or visit: <https://www.parkinson.org/Living-with-Parkinsons/in-your-area>



Environment Limits my Exercise

People with PD shared environmental challenges such as: weather, convenient classes/gym, cost, and equipment/space as reasons they may exercise less. Some people with PD have overcome environmental challenges by using home-based exercise routines or other ways to incorporate exercise into their daily routine.

Consider talking to your **Social Worker, Physical Therapist, Psychologist or Exercise Professional** to help develop strategies to overcome your personal environmental challenges.



I Need More Support

Some people with PD also shared a benefit from social support such as: friends, family or exercise buddies

To find resources on how to get motivated or how social support may benefit you, consider connecting with other people with PD via social media or by visiting:

<https://www.facebook.com/parkinsondotorg/>

EXERCISE FOR PARKINSON'S DISEASE

Exercise Videos for Parkinson's Disease

People with PD are overwhelmed by where and how to look for videos that are credible, engaging, and relevant. Below are 7 short, engaging, and motivational videos about exercising with PD, and one longer educational video series.

1. **"How exercise will help your Parkinson's"** (Parkinson's UK - Length: 1:27)
<https://www.youtube.com/watch?v=7A1jf27cpVI>
Shows a variety of exercises done by people with PD at various levels of function
2. **"How can I start exercising with Parkinson's?"** (Parkinson's UK - Length: 1:34)
<https://www.youtube.com/watch?v=mRHmGJpGIRY>
Includes a physiotherapist's explanation on ways to incorporate exercise into your day for people with PD, and demonstrates a variety people at various levels of PD performing a range of exercises
3. **"Brian Grant Miami Heat Feature"** (Brian Grant Foundation – Length: 2:14)
<https://www.youtube.com/watch?v=Ntgk0CH6FXc>
Tribute to former Miami Heat basketball player Brian Grant showing how he continues to exercise and battle PD to maintain his quality of life
4. **"Weightlifting helps my Parkinson's"** (Parkinson's UK – Length: 2:23)
<https://www.youtube.com/watch?v=vbiR8S3ZhQ>
Testimonial from a woman with early onset PD highlighting the importance of a variety of exercises
5. **"Exercising at home with Parkinson's"** (Parkinson's UK – Length: 2:13)
<https://www.youtube.com/watch?v=recpcNfHFHs>
A person with PD demonstrates his home exercise routine.
6. **"Patients pedal past Parkinson's"** (ABC News – Length: 1:54)
<https://www.youtube.com/watch?v=LRGCWIOeTC0>
News story showing the before and after effects of exercise (cycling) for people with PD and Cleveland Clinic researchers studying the effects of cycling on PD
7. **"Knocking out Parkinson's"** (Live 5 News – Length: 4:55)
<https://www.youtube.com/watch?v=SkQ2nwMMYEQ>
Local South Carolina news story showing a person with PD's improvement with before and after effects of exercise (boxing)
8. **"Parkinson's Exercise Essentials Video"** (Davis Phinney Foundation – Length: 1:19:36)
<https://www.davisphinneyfoundation.org/resources/parkinsons-exercise-essentials/>
Comprehensive 4-part series that includes both education and instruction on exercising with PD

Consult your physician or physical therapist to help determine what type of exercise is best for you

EXERCISE FOR PARKINSON'S DISEASE

How to Make a Relevant and Engaging Video

Stakeholders recommend that clinics and community advocates consider making their own videos related to exercise for Parkinson's disease, and publish them on community advocacy foundation websites, or circulate them on social media pages. We recommend a video no longer than 5 minutes, which provides introductory information, a testimonial with video clips of people with PD, before and after exercise effects (if possible), and some closing information.

CONSIDER MAKING YOUR OWN USING THE TEMPLATE BELOW.

VIDEO GUIDE FOR CREATING AN EXERCISE VIDEO FOR PARKINSON'S DISEASE			
Summary of scene	Application	Purpose	Length
<p>Medical experts (eg. PTs, nurses, physicians, etc.) provide a narrative framework explaining the benefits of exercise for PD</p>	<ul style="list-style-type: none"> • Discuss how "exercise is medicine for Parkinson's disease," including <i>how</i> and <i>why</i> it works • Focus on lifestyle, motivation, and ways to exercise with Parkinson's disease (supportive group environment, at home, with a trainer) • Include evidence from research and/or anecdotes about benefits of exercise for Parkinson's disease 	<ul style="list-style-type: none"> • Inspiration • Awareness 	1-2 minutes
<p>People with Parkinson's disease show strong symptoms without exercise.</p>	<ul style="list-style-type: none"> • Show walking, balance, flexibility, or strength tasks done by people with PD who have not initiated an exercise regimen • Include people with PD with various levels of ability 	<ul style="list-style-type: none"> • Awareness • Education 	:30 seconds
<p>People with Parkinson's disease perform recommended exercises</p>	<ul style="list-style-type: none"> • Show recommended level and types of exercise for people with PD at various stages of the disease • Focus on walking, balance, flexibility, and strength • Include a variety of people exercising alone, at home, in a group, or with a trainer 	<ul style="list-style-type: none"> • Inspiration • Awareness 	1-2 minutes

<p>People with Parkinson's disease show improvement in symptoms after exercising</p>	<ul style="list-style-type: none"> • Show walking, balance, flexibility, or strength tasks done by people with PD who have been exercising • Include people with PD with various levels of ability 	<ul style="list-style-type: none"> • Education • Inspiration 	<p>:30 seconds</p>
<p>Medical experts and people with Parkinson's review benefits of exercise</p>	<ul style="list-style-type: none"> • Review how exercise is medicine for Parkinson's disease • People with PD talk about how they feel better, have better mobility, etc. • Medical experts talk about the improvement in their patients 	<ul style="list-style-type: none"> • Education • Inspiration • Awareness 	<p>1 minute</p>