

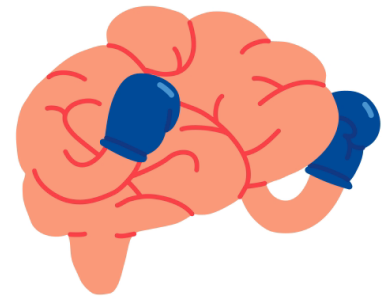
# Exercise and Parkinson's Disease

## Exercise helps maintain...

- ✓ Balance
- ✓ Mobility
- ✓ Cognitive
- ✓ Strength
- ✓ Range of Motion
- ✓ Activities of Daily Living

## to improve

- Confidence
- Quality of Life
- Symptom Management
- Independence



## Exercise helps your brain fight PD.

- ★ Use dopamine more efficiently
- ★ Neuroprotective qualities slow damage
- ★ Increase ability to form new pathways (neuroplasticity)

## Social Benefits of Exercise



- Reduce isolation and depression
- Build friendships
- Learn from others
- Find support
- Lower stress



## Types of Exercises

Flexibility exercises

Aerobic activity

Resistance and strengthening exercises



## Retrain Your Brain

PD causes damage to pathways within the brain that leads to impaired movement.

During exercise, the heart pumps chemicals to the brain that increase its ability form new pathways (neuroplasticity). Exercises that target PD symptoms help build new pathways to replace damaged ones. The new pathways improve motor symptoms and can delay the progression of the disease.

Exercise literally retrains the brain how to move!



## PD Exercise Programs

OHIOHEALTH  
**DELAY THE DISEASE™**  
THE #1 PARKINSON'S EXERCISE PROGRAM

