

WHAT IS PARKINSON'S

Parkinson's disease is caused by a breakdown in the nerve cells in the brain. The affected nerve cells do not produce enough dopamine, which affects the person's ability to move the way they want to. Tremors, stiff muscles, slow movement and trouble with balance or walking are all symptoms of Parkinson's disease.

In time, Parkinson's affects muscles throughout the body, leading to difficulty swallowing, digestion, facial movements and sometimes dementia.

PEDALING FOR PARKINSON'S™

Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace, 60% to 80% of your maximum capacity.

Fast pedaling is not a cure for Parkinson's disease, but there is compelling evidence to show that it does make a real difference for many who try it.

We do know that fast paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and possibly surgery to slow the progression of their disease.

TESTIMONIAL

From Sally at the
YMCA of Marquette County



"Growing up 70+ years ago, I never saw myself as a "gym person" in fact there was no gym in our town except for boys basketball. But the "Y" here has changed my attitude - it is my "go to" place for a swim (yay), a workout (I never thought I would use a machine) and now, the Pedaling for Parkinson's has given me new strengths, new hope and new friends. Never give up and have fun along the way."

QUESTIONS

Contact: **Jenna Zdunek**
Senior Healthy Innovations Leader
YMCA of Marquette County
P 906.227.9622 E jjzdunek@ymcamqt.org



HELPING YOU LIVE BETTER

Pedaling for Parkinson's™



Pedaling for Parkinson's™ is sponsored by:



PEDALING FOR PARKINSON'S™ REGISTRATION FORM

I would like to receive more information about Pedaling for Parkinson's™

I am ready to reserve a spot in the Pedaling for Parkinson's™ program

Participant Name _____

Address _____

Preferred Contact Phone _____

Email _____

Date of diagnosis _____

How did you find out about PFP?

Please fax this completed form to the YMCA of Marquette County 906.227.9248 to the attention of Jenna Zdunek.

PFP MISSION

The mission of Pedaling for Parkinson's is:

- To improve the quality of life of people with Parkinson's and their caregivers;
- To educate patients, caregivers and the general public about the benefits of maintaining an active lifestyle after a Parkinson's diagnosis;
- To support research dedicated to prevention and treatment of Parkinson's disease.

PROGRAM INFORMATION

Who can participate?

Participants must:

- Be diagnosed with Idiopathic PD
- Medical clearance from your Doctor
- Orientation with the YMCA staff
- Agree to periodically monitor progress

Who can NOT participate?

Parkinson's patients with the following medical conditions:

- Cardiac or pulmonary disease
- Uncontrolled diabetes mellitus
- Uncontrolled hypertension or stroke
- Later stage Dementia
- Other medical conditions that are contraindicative to exercise

What do I bring to class?

- Water bottle
- Bike pants or shorts
- Athletic shoes

PFP AT THE YMCA

The Pedaling for Parkinson's program is available at the YMCA of Marquette County. You will need to register prior to starting with us.

Classes are held in our Group Exercise Room, on individual stationary bikes with trained support staff. No experience necessary.

When are classes?

This is an 8 week program that meets three times a week one hour a week.

What is the cost?

The cost for this program is \$50 for members and non members. Financial Assistance is available.

Ready to sign up?

A healthcare provider referral is required to enroll (may be a doctor, registered nurse, or any licensed healthcare provider). After you have completed your portion of the registration form, we will talk with your provider to complete their portion and then you can either fax it to the YMCA of Marquette County (906.227.9248) Attention: Jenna Zdunek or you can return it to the front desk at the YMCA. YMCA staff will then contact you to discuss participation and enrollment.

PROGRAM HIGHLIGHTS

- Three 60-minute group sessions per week for 8 weeks
- Includes an 8 week YMCA membership
- You can bring a support person
- Building meaningful relationships