



## Pedaling For Parkinson's

Pedaling a bicycle may change the life of someone with Parkinson's disease. Fast pedaling is not a cure for PD, and should not be touted as such, but there is compelling evidence that it does make a difference for many who try it.



UM researchers found that program participants reported a 35% improvement in quality of life. They also found a 10% improvement in the severity of their Parkinson's motor symptoms after just 8 weeks of pedaling.

**35%  
IMPROVEMENT  
IN QUALITY  
OF LIFE**

For more information  
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TEAR HERE

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**LET'S FIGHT THIS  
DISEASE TOGETHER**  
at the YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PARKINSON'S EXERCISE CLASS

**Pedaling for Parkinson's**  
THE GREATER MARINETTE-MENOMINEE YMCA



**AN EVIDENCE  
DRIVEN  
PROGRAM**

www.mmymca.org  
1600 West Drive, Menominee, MI 49858

# WHO CAN PARTICIPATE?

## PARTICIPANTS MUST:

Be diagnosed with Idiopathic Parkinson's Disease

Be 18+ or older

Register!

Complete and submit a signed form from your doctor complete with medical release

Become approved and complete orientation at the YMCA

There is no charge for participants to attend Pedaling For Parkinson's, but registration is required.



# WHY EXERCISE?

## IMPROVE YOUR DAILY FUNCTIONS

Research shows that exercise can help protect certain areas of the brain involved in the disease process.

Your body is changing as it copes with Parkinson's Disease and aging:

- Loss of muscle and bone mass
- Loss of minerals
- Exercise can HELP slow down the progression of these effects.

Exercise can also help:

- Improve posture, strength, balance
- Improve walking ability
- Prevent falls
- Restore general functional ability
- Improve cardiovascular health
- Improve non-motor symptoms of PD (i.e. memory, sleep, mental health, attitude)



# FREQUENTLY ASKED QUESTIONS



## HOW LONG ARE THE CLASSES?

Classes are held 3 times a week:  
Mon/Wed/Fri: 10 am - 11 am  
FOR AN 8 WEEK SESSOIN

## IS THERE A CHARGE TO PARTICIPATE?

There is no charge to our community for this program!

## WHAT SHOULD I WEAR?

Wear something comfortable.  
No loose pants legs.  
Don't forget your water bottle!

## WHAT WILL WE BE DOING?

We will be pedaling on stationary bicycles in the cycling studio; 10 minute warm-up, 40 minutes of faster paced cycling and a 10 minute cool-down.