

Types of Exercise

There is no one best type of exercise for people with PD but that they choose an exercise regimen that they enjoy and will continue to do.

Benefits include improving motor and non-motor symptoms such as impaired balance, gait disorders, depression, and cognition, as well as helping improve quality of life. Exercise boosts activity that helps keep brain cells healthy. In particular, exercise helps with:

- Exercise promotes brain health and repair (neuroprotection and neuroplasticity)
 - Neuron size/speed of transmission increase
 - Increased Corticomotor Excitation
 - Blood Flow Increases
 - Increased serum levels of BDNF
 - Inflammation Decreases
 - Immune System Function improves
 - Dopamine receptors increased
 - Healthy Brains recover faster and can do more with less
- Exercise has immediate benefits in overall health including:
 - Weight management
 - Reduce your health risk
 - Strengthen your bones and muscles
 - Improve your ability to do daily activities
 - Prevent falls
 - Increase your chances of living longer
 - Manage chronic health conditions & disabilities

Why dual task? In other words, add a cognitive component with physical exercise?

- Improves Freezing of Gait
- Decreasing Risk of Falls
- Improving Processing Speed
- Improving Balance
- Prioritization of Tasks (Walking vs Talking)
- Visuospatial improvements

New research shows these may be particularly important for PD:

- 150 minutes of moderate intensity exercise or 75 minutes of vigorous intensity exercise per week for all older adults (aerobic exercise focusing on intensity and increased HR)
- Forced exercise
- Cognitive challenges in exercise / dual tasking
 - Including multi-component or multi-step exercise such as boxing, dance, tai chi, yoga, karate, or golf

Tips to get started

- Start slow, make small changes one at a time
- Seek expert advice

- Build your support system
- Try strategies like prepping meals ahead of time or ordering groceries online
- Commit to a fundraising or fitness goal for motivation and accountability
- Balance diet and exercise

What kind of exercise?

- The best exercise is the one that your care team approves, gets your body moving, is safe for you, and you enjoy so you'll stick with it