



www.MovingParkinsons.com

10 Point 'Get Moving' Plan

Parkinson's is a degenerative disease that can be overwhelming but there's hope if you get engaged in your health for 2 hours a day. Medicine can only go so far and unfortunately the best medicines for Parkinson's have serious side effects that with good certainty will eventually cause additional difficulty for you, but there's a combination of actions that can preserve your quality of life. It is a commitment of 2 hours a day for the rest of your life. That's right, 2 hours a day but it's the difference of being able to move. After 3 to 6 months, you will experience dramatic changes in your movement and feel great mentally and physically. It's a commitment for the rest of your life.

10 Point 'Get Moving' Plan

1. **Choose life.**

It sounds simple but its absolutely necessary. Life is good, look at the big picture, and snap out of feeling sorry for yourself. Studies show that a positive outlook increases life expectancy and decreases heart attacks. Yale University researchers found that a positive outlook increases your life an average of 7.5 years.

2. **Use specialists.** There are over 300 neurological disorders, use a movement disorder specialist focused on the fast pace changes in Parkinson's research and find physical therapist who specializes in Parkinson's to develop an exercise and stretching plan. Don't settle for less.

3. **Challenge yourself daily.**

You become motivated and excited when challenged. Life is more interesting and colorful. Remember, your best days are ahead of you!

4. **'Out of the closet.'**

It's common to feel stressed and tired when leaving your home especially when you have to make the extra effort to mask your symptoms. 'Leaving the closet' is important so that you can relax and your community can support you. It's a significant difference in hope.

5. **Mind over matter.**

Your mind is important while your body can adapt with adaptive devices. Exercise your brain with games like crosswords and Sadoku.

6. **Exercise daily.**

It's important to maintain strength and balance. Workout a minimum 1-2 hours daily. Exercise may include weight lifting, walking, bicycling, boxing, pilates, dancing, etc.

7. **Stretch twice daily**

All 10 items are important but this is mandatory. Use Parkinson specific stretches.

8. **Leave your house daily**

Get out of the house daily. Participate in your community and be supported by the community.

9. **Renovate your home.**

Renovate your home focusing on fall prevention and ease of accessibility. Things like grab bars and seat in the shower, bench to sit and put on your shoes, etc.

10. **Use adaptive devices**

Use every aid available to take care of yourself and help you stay engaged in your community.

Life is good and you can control your Parkinson's for a long and happy life, but its completely in your hands. Make the 10 Point Moving plan a part of your everyday life.

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