



# Exercise Is Your Medicine!

Do it EVERYDAY

*Physical Therapists Are Your Movement and Exercise Experts!*



## Top 10 Reasons Everyone With PD Should Exercise

10. Exercise helps your muscles and joints loosen up so you can move better
9. Exercise helps your brain use dopamine better - either the dopamine you are naturally producing or the dopamine in your medication - **SO YOU NEED LESS MEDS**
8. Exercise has been shown to decrease tremor
7. Exercise improves your balance, which prevents falls
6. Exercise improves your mood, which can prevent depression
5. Exercise improves digestion, which helps prevent constipation
4. Exercise helps you sleep better
3. Exercise gives you more energy to last through the day doing things you enjoy
2. Exercise improves your thinking and memory
1. Exercise may help delay the progression of PD through neuroplasticity!



**It's never too late to start moving!!**



## What Type of Exercise Is Best?

Studies have shown that certain exercises may be most beneficial to persons with Parkinson's. Exercise that is intense, involves sequences, coordination, and focus is the best! Dancing, Tai chi, yoga, cycling, and pole walking are all great options! Can't do these on your own? Join a group class to stay motivated!



## Does The Intensity of the Exercise Matter?

YES! Studies indicate that VIGOROUS exercise is best for persons with Parkinson's and may actually delay the progression of PD! BUT any movement is better than no movement - so get started today! Find some way to be active EVERY DAY to feel your best.



## Why See a Physical Therapist?

Physical therapists have doctorate degrees in human movement and function. They know the most effective and safest ways to get you moving. Think of physical therapists as your movement specialists. See one to get baseline measurements of your function and to get you started on a customized exercise program. Follow up with your PT for regular check ups like you would your dentist to keep your body healthy and functioning at its best!

## Why Not Go To Any PT?

Like any profession, PTs have specialty areas. For the best results and best experience, find a Neurologic Specialist (NCS) PT. Certified Neurologic PTs have additional training in neurologic conditions like PD. You can find one at [www.apta.org](http://www.apta.org). Additional places to look for a PD exercise expert are: [www.pwr4life.org](http://www.pwr4life.org) for a PWR! Expert PT or [www.lsvtglobal.com](http://www.lsvtglobal.com) for a PT trained in LSVT BIG Therapy. [re+active] has all of these!

Check out  
[www.re-activept.com](http://www.re-activept.com)  
for the latest evidence-based PD treatments and group exercise classes!

[re+active] physical therapy and wellness  
Board Certified Neurologic Clinical Specialists