

# EXERCISE AND PARKINSON'S DISEASE



Exercise is a very important part of healthy living for everyone, but for people with Parkinson's disease (PD), exercise can be better than medicine. Just 2.5 hours of exercise every week can improve quality of life. Physical activity can improve symptoms like balance and movement issues, depression, constipation and even help you think. Exercise might also play a protective role in the brain, which can slow down the degeneration of brain cells. Exercise is a crucial part of PD management.

## BENEFITS OF EXERCISE

Exercise will improve these areas:

- movement and motor symptoms
- quality of life
- how your walk (your gait) and balance
- flexibility and posture
- coordination
- memory and decision making
- attention and concentration
- quality of sleep

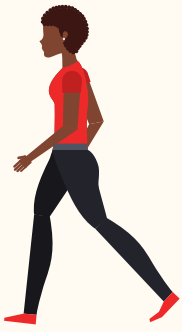


Exercise will also reduce the following:

- falls
- freezing of gait
- depression and anxiety



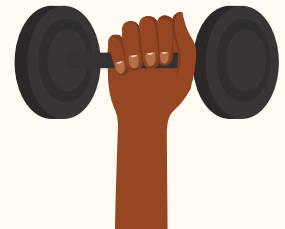
## TYPES OF EXERCISE



The type of exercise you do depends on your symptoms and challenges. If you never do any exercise, even standing up and walking around the house is beneficial. More active people can go on a walk, ride a bike or dance. Exercise can include aerobic activity, like running or walking, strengthening exercises, using something heavy like a bottle of water, and stretching.

## EXAMPLES OF EXERCISE

- Moving your legs and arms while seated at home
- Standing up and sitting down from a chair
- Stretching your arms and legs
- Running or walking
- Riding a bicycle
- Dancing or doing yoga
- Using heavy weights to strengthen muscles
- Boxing (without hitting anyone)



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

OR

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



Created by Natasha Fothergill-Misbah

