

# EXERCISE RECOMMENDATIONS

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FOR THE UXBRIDGE PARKINSON'S SUPPORT GROUP

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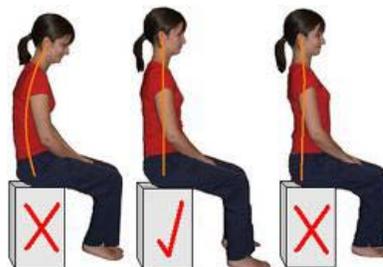
*Reason's for keeping fit!*

- *Improve strength*
- *Improve flexibility and balance*
- *Lower stress*
- *Social!*
- *Increase energy and blood flow*
- *Improve coordination*
- *Lower risk of cardiovascular disease*
- *Lose weight*
- *Boost self esteem*

REMEMBER...

POSTURE! POSTURE!! POSTURE!!!

- ✓ *Great way to improve balance*
- ✓ *Better breathing*
- ✓ *Easier to swallow*



*\*\*It takes 21 days to make/break a habit so do your best to stand and sit straight, roll back those shoulders and encourage others to do the same!*

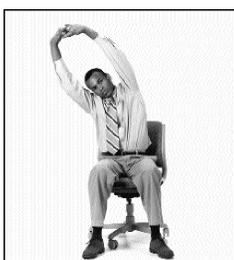
**STRETCHING** – every day!! (Hopefully we can look like the people in these images)



## 1. **Seated rotations** (using obliques)

-maintain posture and hold for 20 seconds each side

## 2. **Lat stretch** (reach sideways on chair)



- hold for 20 seconds and stretch all the way down your side.

### 3. Neck rolls

– 10 each side, go nice and slow keep breathing!



### 4. Overhead stretch

-this is the one we did in the doorway or on the wall, great back stretch



5. **Calf stretch** – push against wall and feel that back of your lower leg

### 6. Wrist extensors

 – good for your forearms too!

\*\*\*REMEMBER!!!

-we want to try every one of these stretches every single day and try holding them for each arm/leg for 20 seconds!



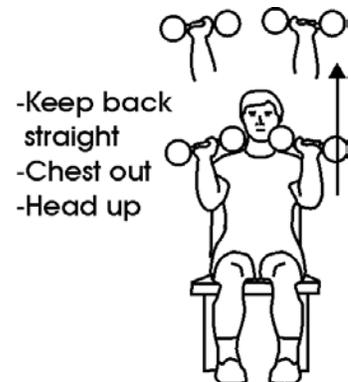
## STRENGTH EXERCISES – 3-4 times a week!

(I made all these exercises so all you will need is either a resistance band or some soup cans!)



1. **Seated Shoulder Press** – holding two soup cans push them from shoulder level to right over your head, remember to push behind your ears

\*\*Do 12 times, 30 seconds break and 12 more times!



2. **Bicep Curl** – use the resistance band, stand on it with one foot, remember to only bend at your elbow,

\*\*Do 12 of these, alternating arms, take 30 seconds rest and do 12 more!



3. **Seated Quad extensions** – while seated with good posture, loop the resistance band around one foot and tie the other end to chair leg. Extend your legs at the knee and work those big leg muscles!

\*\*Do 10 of these for each leg, 30 seconds rest, then do 10 more for each leg.

4. **Holding Chair Side Lunges** – we didn't do these exercises at the conference but try them on your own holding a chair out front for balance.

You need to stand with legs fairly wide apart. As you lean towards one side, bend the knee of the leaning side and keep the other leg straight. Push back up to a standing position from your heel and alternate sides.

\*\*Do 8 lunges each side, take a 30 second break then do 8 each side again



5. **Arm abduction using resistance bands** – Standing with one foot on the band, legs shoulder width apart, start with both arms at your side, raise both arms at the same time straight out (like the picture). Keep good posture and do your best to not shrug the shoulders. Soup cans may be held in each arm as well if the resistance band is too difficult!



Keep good posture and do your best to not shrug the shoulders. Soup cans may be held in each arm as well if the resistance band is too difficult!

\*\*Do 12 arm raises, take 30 seconds break then repeat!

6. **Holding chair calf raises** – Standing behind a chair, raise yourself onto your tippy toes, and lower yourself slowly back down. Work on balance and breathing!

\*\*Do 12 toe raises, take a 30 second break then do 12 more.



**REMEMBER!!** Do each of these exercises slowly and with the best technique you can. And be careful! If anything hurts: joints or bones or something you have no idea what it is, stop right away and look for help in what may be going wrong.

**CARDIO** – Along with the exercises you can do while watching TV, go for a 20 minute walk at least 3 times a week. It's fun and keeps you fit and active!

**THANKS!!**