

PARKINSON'S CYCLE AT THE Y REGISTRATION FORM

Participant completes the following:

Age _____

Participant Name _____

Address _____

Phone _____

Email _____

How did you find out about PC at the Y?

Location you will attend:

- Spears YMCA – Greensboro
- Ragsdale YMCA – Jamestown
- Both

Provider completes the following:

- I recommend this individual to participate in the Parkinson's Cycle at the Y program

Provider's Name _____

Signature _____

Date _____

Clinic Name _____

Email _____

Phone _____

Please fax the completed form to:

Spears YMCA 336 387 9620 Attn Beth McKinney
Ragsdale YMCA 336 882 7935 Attn Priscilla Nobles

PROGRAM GOALS

The goals of the Parkinson's Cycle program are to:

- Improve the quality of life of Parkinson's disease patients and their caregivers;
- Educate patients, caregivers, and the general public about the benefits of maintaining an active lifestyle after a Parkinson's diagnosis;
- Support research dedicated to prevention and treatment of Parkinson's disease

PROGRAM INFORMATION

Who can participate?

Participants must be 30-75 years old

Be diagnosed with Idiopathic PD

Complete and submit a signed consent form and medical clearance

Interview with the YMCA Wellness Director

Agree to periodically monitor progress

Who CANNOT participate?

Parkinson's patients with the following medical conditions:

Cardiac or pulmonary disease

Uncontrolled diabetes mellitus

Uncontrolled hypertension or stroke

Dementia

Other medical conditions that are contraindicative to exercise

What do I bring/wear to class?

Water bottle

Tennis shoes

Heart rate monitor (optional)

PARKINSON'S CYCLE AT THE Y

The Parkinson's Cycle program is available at the Spears Family YMCA and the Ragsdale Family YMCA. You will need to register at least 48 hours prior to starting with us.

Live classes are held in the YMCA on individual stationary bikes. Weekly registration is required for Live classes. Registration can be found on <https://www.ymcagreensboro.org/group-exercise>

Plan to arrive 15 minutes early to your first class to get set up.

When are classes?

This is an on-going program. The class schedule is as follows:

Spears YMCA: 1:00pm Friday

Ragsdale YMCA: Virtual Classes (contact Priscilla for weekly days/times)

What is the cost?

This is a **free** program for participants, both members and non-members. We welcome donations to our Annual Giving Campaign to help us provide Y experiences for all.

Ready to sign up?

A healthcare provider referral is required to enroll (may be a doctor, registered nurse, or any licensed healthcare provider.) After you have completed your portion of the registration form, have your provider complete their portion and then either fax it to the Spears Family YMCA (336 387 9620), or the Ragsdale YMCA (336 882 7935) or return it to the branch where you will participate. Y staff will then contact you to discuss participation and enrollment.

WHAT IS PARKINSON'S

Parkinson's disease is caused by a breakdown in the nerve cells in the brain. The affected nerve cells do not produce enough dopamine, which affects the person's ability to move the way they want to. Tremors, stiff muscles, slow movement, and trouble with balance or walking are all symptoms of Parkinson's disease.

In time, Parkinson's affects muscles throughout the body, leading to difficulty swallowing, digestion, facial movements, and sometimes dementia.

PARKINSON'S CYCLE

Pedaling an indoor cycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace – optimally, 80-90 revolutions per minute.

Fast pedaling is not a cure for Parkinson's disease and should not be touted as such, but compelling evidence shows that it does make a real difference for many who try it.

We do know that fast-paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and eventually surgery to slow the progression of their disease.

QUESTIONS?

Contacts:

ALEX W SPEARS III FAMILY YMCA

Beth McKinney – Wellness Director

P 336 387 9631

E beth.mckinney@ymcagreensboro.org

3216 Horse Pen Creek Road

Greensboro, NC 27410

www.spearsymca.org

MARY PERRY RAGSDALE FAMILY YMCA

Priscilla Nobles – Wellness Director

P 336 882 9622

E priscilla.nobles@ymcagreensboro.org

900 Bonner Dr

Jamestown, NC 27282

www.ragsdaleymca.org

Our Mission: The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that builds a healthy spirit, mind, and body for all.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWERMENT MOBILITY STRENGTH

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Spears Family YMCA
Ragsdale Family YMCA

