

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

Margaret Hazen – Wellness Director

P 336 387 9622

margaret.hazen@ymcagreensboro.org

3216 Horse Pen Creek Road

Greensboro, NC 27410

www.spearsymca.org

MARY PERRY RAGSDALE FAMILY YMCA

Julie Redfern – Wellness Director

P 336 882 9622

julie.redfern@ymcagreensboro.org

900 Bonner Dr

Jamestown, NC 27282

www.ragsdaleymca.org



Spears Family YMCA

3216 Horse Pen Creek Rd.

Greensboro, NC 27410

P 336 387-9622

www.spearsymca.org

111207 01/12



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWERMENT MOBILITY STRENGTH

Parkinson's Cycle at the Y

Spears Family YMCA

Ragsdale Family YMCA



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

What do I bring/wear to class?

- Water bottle
- Tennis shoes
- Heart rate monitor (optional)

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

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

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.

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:

Ragsdale YMCA:

- 10:15am Tuesday & Thursday
- 5:30pm Wednesday

Spears YMCA:

- 12pm Thursday

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.