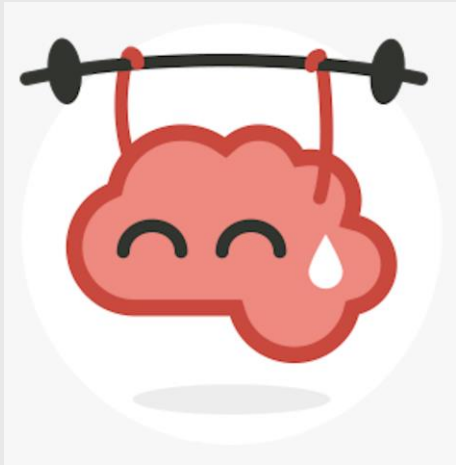




# ***Keeping Active in Winter***

**Shelly Yu**  
Neuro Physiotherapist  
Parkinson Society BC

# *Why exercise?*



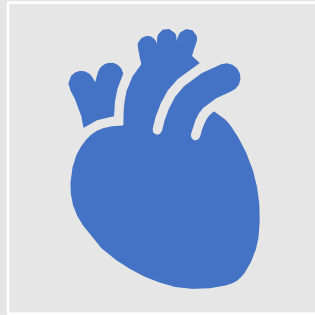
- Exercising is one of the most important ways to manage PD symptoms and potentially slow down the deterioration
- Benefits of exercise:
  - improve mood and mental health
  - reduce stress and fatigue
  - improve bone density and lower risk of osteoporosis
  - lower risk of sexual dysfunction
  - improve digestive health
  - longer life expectancy
  - **neuroprotective- preserves brain health!**
- As we move into the darker and wetter months, we are more likely to stay indoors. We may sit more, sleep more, eat more, and generally not have much activity. Hence, we need to set a routine to keep ourselves active!

# *What type of exercise to do?*



- You may have heard contradicting advice regarding the “best” type of exercise i.e. boxing vs. dancing vs. gym circuits. In reality, no one specific form of exercise is proven more beneficial than the others.
- If we look at exercises that are usually recommended for people with PD, we can see there are some similarities:
  - moderate to high intensity
  - aerobic component
  - strength component
  - balance component
  - flexibility/stretch component
  - cognitive stimulating component
  - **behavioural change component**
- A program that is successful for people with PD usually have **most (if not all)** of these components, regardless of the type of activity.
- The most important thing to ensure success is to find an exercise that you **enjoy**. If you don't enjoy what you're doing, chances are you probably won't keep up with it for very long. E.g. If you don't like going to the gym, then try light hikes instead, or try a dance class instead.

# ***How intense should the exercises be?***



Research for PD suggest exercising at **70-85% max heart rate.**



As the disease progresses, it may be harder to bring up your heart rate due to nervous system issues, therefore relying solely on a HR monitor is not recommended.



Use **perceived exertion** instead: aim to be sweaty, panting and breathless, but still able to talk in full sentences.

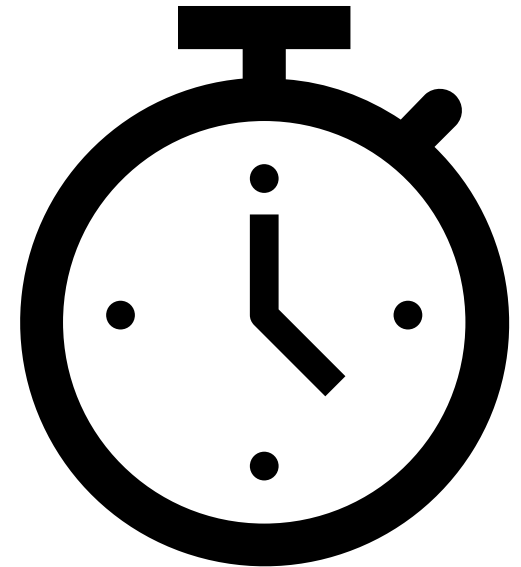
# ***How often do I need to exercise?***

There is no research that specifically looks at how often someone with PD should exercise, however due to the universal benefits of exercises, we can use the Canadian guidelines for physical activity.

**Aim for at least 150min of moderate to high intensity exercise per week.**

(That's 2.5 hours spread out over 7 days)

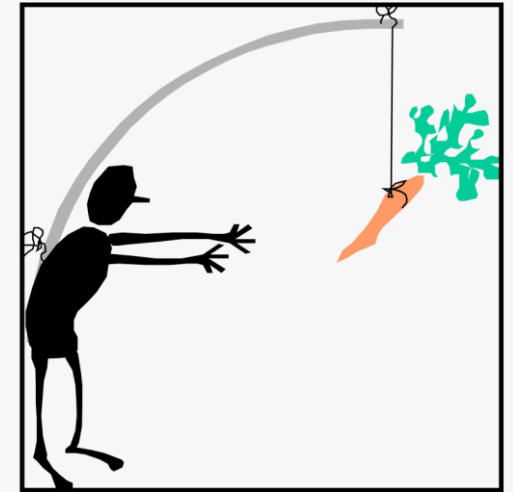
You do not need to spend hours exercising daily- spread it out!





# *How do I stay motivated?*

1. Find an **exercise you enjoy!**
2. Find an **exercise buddy** to make exercising more social and more enjoyable. They can also keep you accountable for your weekly exercise routine if you are expected to exercise with them. Perhaps you have always wanted to spend more time with your friends but never get around to it- so make it a weekly meet-up where you attend an exercise class together then go out for lunch.
3. Set an **achievable and personal goal**, e.g.:
  - number of steps you want to take per day
  - number of classes you want to take per week
  - be able to walk daughter down aisle
  - be able to get on to the floor to play with grandkids
  - live longer to see grandchildren grow up
  - improve relationships with caregivers and family
4. List **your barriers**: be very honest with yourself and list excuses and other things that stop you from exercising. Then list solutions for each of these barriers.
5. Keep an **exercise journal** and calendar to mark down the days you have exercised and set a **REGULAR** and specific routine to hold yourself accountable (e.g. you will exercise every Monday, Wednesday and Friday at 11am).



## WEEKLY GOALS

Start small to ensure success and to avoid feeling overwhelmed. However, the goals also need to be challenging! Make the goals harder as you get more used to exercise.

For example: Start with *"I will do 20 sit-to-stands everyday"*, or *"I will walk at least 5,000 steps everyday"*, etc.

**Week 1 Goal:**

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Achieved

**Week 2 Goal:**

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Achieved

**Week 3 Goal:**

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Achieved

**Week 4 Goal:**

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Achieved

**Week 5 Goal:**

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Achieved

**Week 6 Goal:**

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Achieved

# EXAMPLE GOAL SHEET



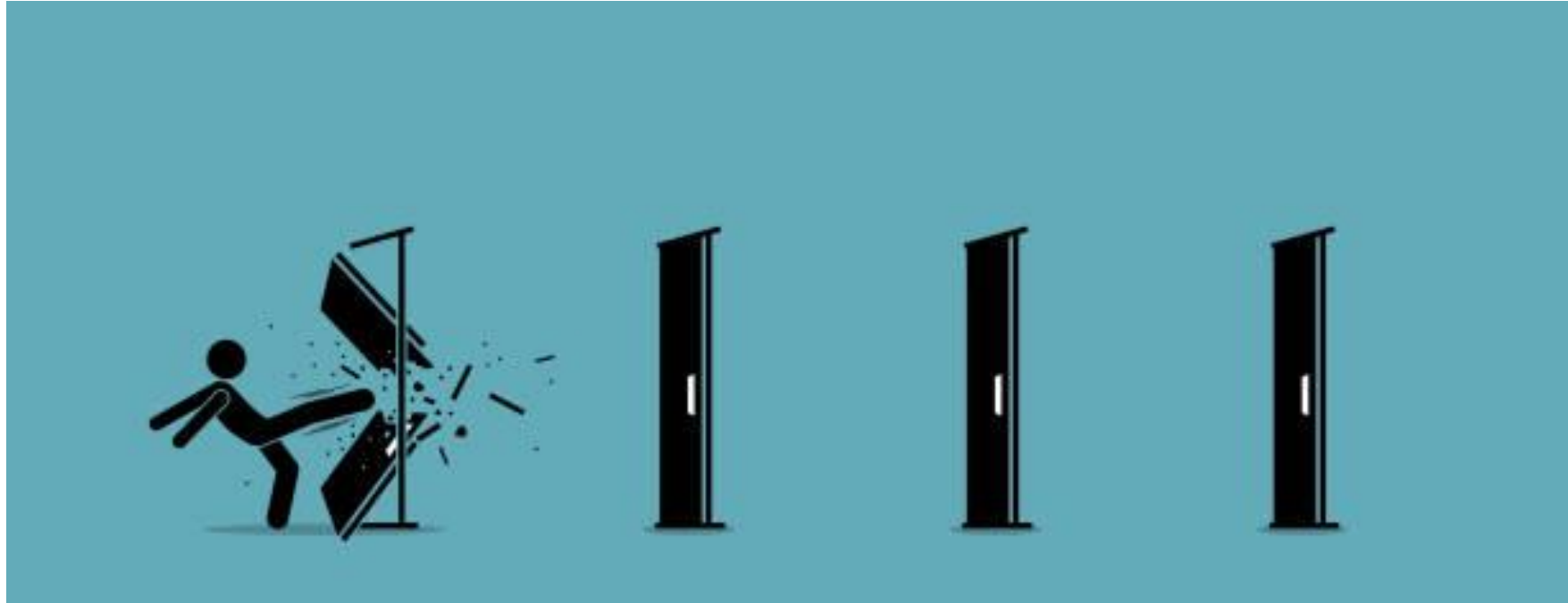
## EXERCISE CALENDAR

Mark the days you have done your exercises to help you stay on target!

Month:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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***EXAMPLE  
CALENDAR***



# *Barrier-free exercise plan*

- Upcoming PSBC exercise booklet
- Online PSBC exercise classes:  
<https://www.parkinson.bc.ca/events/education-events/>
- PSBC youtube channel:  
<https://www.youtube.com/user/ParkinsonSocietyBC>



# *Questions??*

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