

Parkinson's Disease: New Diagnosis Workshop Series

Living Well with Parkinson's Disease: Exercise

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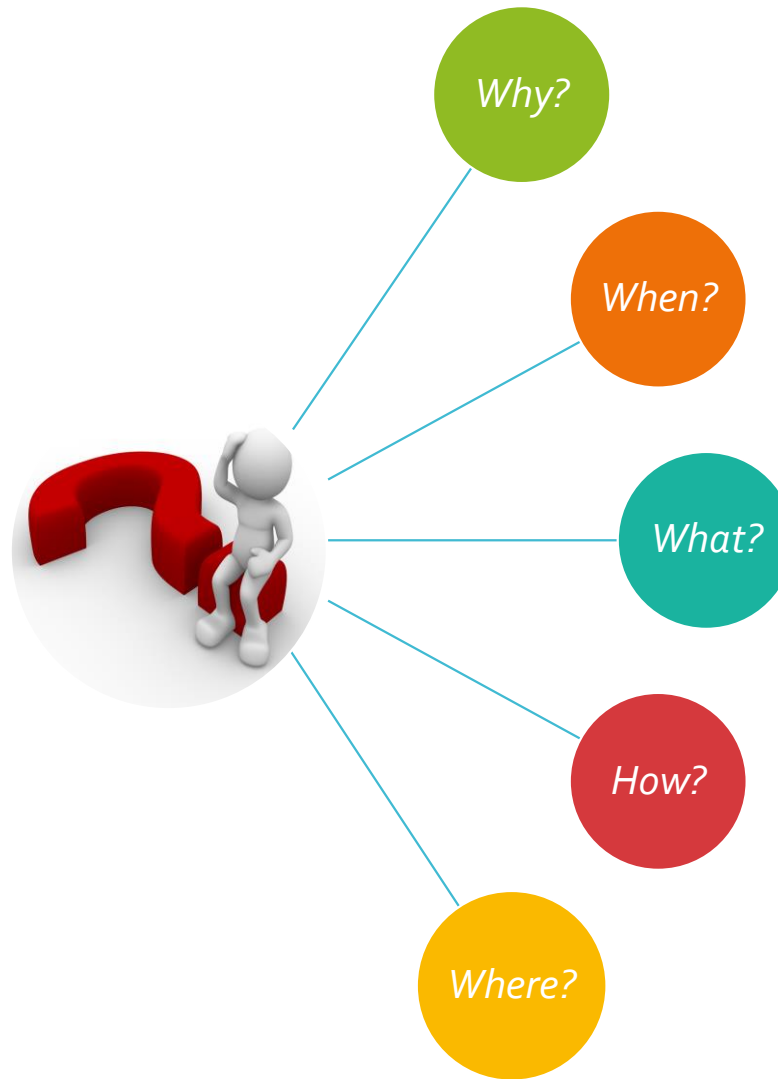
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Exercise As Treatment



Exercise



Benefits of Exercise in Parkinson's Disease

Improves physical fitness, strength and endurance

Improves functional tasks e.g. improves gait speed

Improves postural stability

Improves balance and coordination

Reduces stiffness, increasing range of motion and flexibility

Reduces fatigue

Benefits of Exercise in Parkinson's Disease

Reduces risk of falls

Improves mood

Promotes bone health

Assists with bladder and bowel management

Influences brain plasticity

Neuroprotective effect – may slow disease progression



Now

Canadian Physical Activity Guidelines 18-64 Years

Canadian Physical Activity Guidelines

FOR ADULTS - 18 – 64 YEARS

Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bike riding

Vigorous-intensity physical activities will cause adults to sweat and be 'out of breath'. Activities like:

- Jogging
- Cross-country skiing

Being active for at least **150 minutes per week** can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity

And can lead to improved:

- Fitness
- Strength
- Mental health (morale and self-esteem)

Pick a time. Pick a place. Make a plan and move more!

- ☒ Join a weekday community running or walking group.
- ☒ Go for a brisk walk around the block after dinner.
- ☒ Take a dance class after work.
- ☒ Bike or walk to work every day.

- ☒ Rake the lawn, and then offer to do the same for a neighbour.
- ☒ Train for and participate in a run or walk for charity!
- ☒ Take up a favourite sport again or try a new sport.
- ☒ Be active with the family on the weekend!

**Now is the time. Walk, run,
or wheel, and embrace life.**



Canadian 24-Hour Movement Guidelines 18-64 Years

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS (AGED 18-64 YEARS)

For health benefits, adults aged 18-64 years should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY

Performing a variety of types and intensities of physical activity, which includes:



- **Moderate to vigorous aerobic physical activities** such that there is an accumulation of at least 150 minutes per week



- **Muscle strengthening activities** using major muscle groups at least twice a week
- Several hours of **light physical activities**, including standing

SLEEP



- Getting 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

SEDENTARY BEHAVIOUR



Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as often as possible



Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.



Progressing towards any of these targets will result in some health benefits.

Canadian Physical Activity Guidelines 65 Years & Older

Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

- Cross-country skiing
- Swimming

Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

Pick a time. Pick a place. Make a plan and move more!

- ☒ Join a community urban poling or mall walking group.
- ☒ Go for a brisk walk around the block after lunch.
- ☒ Take a dance class in the afternoon.
- ☒ Train for and participate in a run or walk for charity!

- ☒ Take up a favourite sport again.
- ☒ Be active with the family! Plan to have "active reunions".
- ☒ Go for a nature hike on the weekend.
- ☒ Take the dog for a walk after dinner.

**Now is the time. Walk, run,
or wheel, and embrace life.**



Canadian 24-Hour Movement Guidelines 65 Years & Older

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS (AGED 65 YEARS OR OLDER)

For health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY

Performing a variety of types and intensities of physical activity, which includes:



- **Moderate to vigorous aerobic physical activities** such that there is an accumulation of at least 150 minutes per week
- Muscle strengthening activities using major muscle groups at least twice a week
- Physical activities that challenge balance



- Several hours of **light physical activities**, including standing

SLEEP



Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

SEDENTARY BEHAVIOUR



Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as often as possible



Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.



Progressing towards any of these targets will result in some health benefits.

Parkinson Canada: Physical Activity and Parkinson's Disease



Parkinson Canada



Canadian
Physiotherapy
Association

Association
canadienne de
physiothérapie

Physical Activity and Parkinson's Disease

Get Active and Stay Active!



- People with Parkinson's who exercise fare better over time than those who are not active.
- Physical activity should be initiated early in the diagnosis and be a life-long commitment.
- Engaging in aerobic activity, along with other activities for strength, flexibility and balance, improves Parkinson's symptoms and sense of well-being.

Why Aerobic Activities?

- Aerobic activities make the body's large muscles move in a rhythmic manner for a sustained period of time.
- Aerobic activities improve physical fitness, including strength and endurance.
- Aerobic activities have a positive effect on slowness and stiffness, as well as mood, and quality of life.
Examples: brisk walking, swimming, cycling, dancing, water aerobics, skating, hiking, treadmill or elliptical, Wii

Why Flexibility Activities?

- Flexibility or stretching exercises improve mobility, increase range of motion, and reduce stiffness.
- Improving range of motion affects posture and walking ability making everyday activities easier.

Examples: Tai Chi, stretching

Get Started

- ✓ Consult your doctor before starting an exercise program, especially if you have other health issues or are over 60.
- ✓ Work with a physical therapist/physiotherapist to develop a specific program that meets your needs. A physiotherapist can ensure you are performing activities safely and that they are right for you.
- ✓ Choose a variety of activities to reduce boredom.
- ✓ Have fun! Choosing activities you like will help you stay with a program.

Why Strengthening Activities?

- Strengthening activities improve muscle strength, walking speed, posture and overall physical fitness.
- Improving strength will help everyday activities, such as getting up from a chair, easier to manage.
Examples: yard work or gardening, weights/resistance (free weights, elastic bands, body weight)

Why Balance Activities?

- Balance activities improve posture and stability.
- Better balance reduces the fear of falling and helps in performing daily tasks.

Examples: Yoga, hiking, Wii

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Physical Activity and Parkinson's Disease



Chart Your Progress

Make physical activity part of your daily routine to manage your Parkinson's symptoms. Fatigue and lack of motivation are two symptoms that can make it challenging to stay active. The following chart can help you track your progress.

Month	Note activity and duration for each day.
DAY	
1	
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31	

Tips

- ✓ Take your Parkinson medications on time for maximum mobility.
- ✓ Take 3-5 minutes to warm up at the beginning and cool down as you finish.
- ✓ Exercise in a way that is safe for you (e.g., when doing balance exercises you may need a stable support nearby).
- ✓ Concentrate on doing the exercises correctly.
- ✓ Start with shorter periods of exercise and gradually increase. Greater intensity equals greater benefits.
- ✓ Monitor fatigue both during and after activities. At the end, you should feel tired, but not exhausted.
- ✓ Drink water to stay hydrated.
- ✓ Join a group or find an "exercise buddy".

Canadian Physical Activity Guidelines recommend that adults (18-64 years and 65 years and older) do at least 150 minutes of moderate-to-vigorous aerobic activity per week; and muscle and bone strengthening activities at least twice per week. www.csep.ca/guidelines.

References:

1. Canadian Society for Exercise Physiology. Canadian Physical Activity Guidelines. Glossary of terms. www.csep.ca/guidelines.
2. Parkinson's Disease: Fitness Counts. National Parkinson Foundation. Accessed from: www.parkinson.org
3. Exercises for People with Parkinson's. Parkinson Canada. www.parkinson.ca.
4. Goodwin VA, et al. The Effectiveness of Exercise Interventions for People with Parkinson's Disease: a systematic review and meta-analysis. *Movement Disorders*. 2008;23(5):631-640.
5. Goodwin VA, Richards SH, Henley W, et al. An exercise intervention to prevent falls in people with Parkinson's disease: a pragmatic randomized controlled trial. *Journal of Neurology, Neurosurgery and Psychiatry with practical neurology*. 2011;82:1232-8.

This resource was developed with input from physiotherapists at Canadian Movement Disorder Clinics and reviewed by the Canadian Physiotherapy Association.

To obtain blank charts, visit www.parkinson.ca



Parkinson Canada

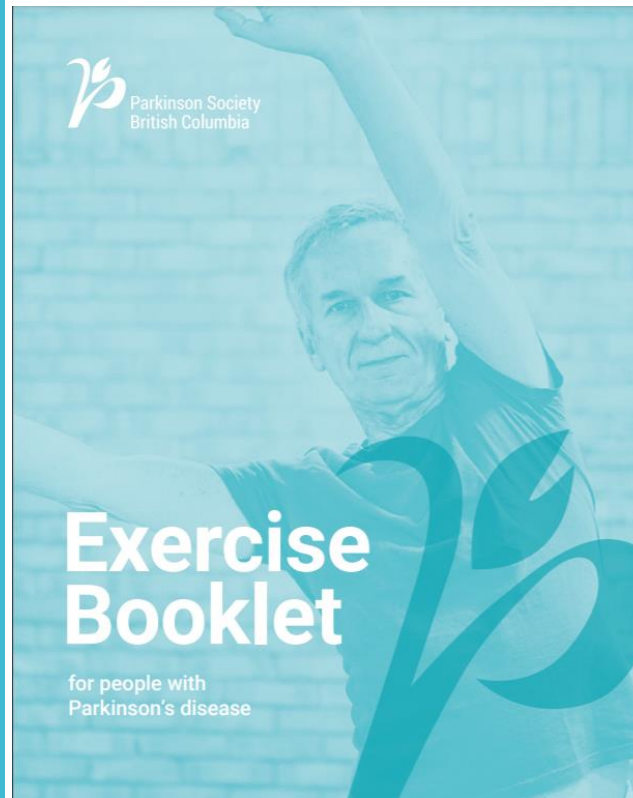


Canadian
Physiotherapy
Association

Association
canadienne de
physiothérapie

Parkinson Society of BC

Exercise Booklet



PARKINSON SOCIETY BRITISH COLUMBIA

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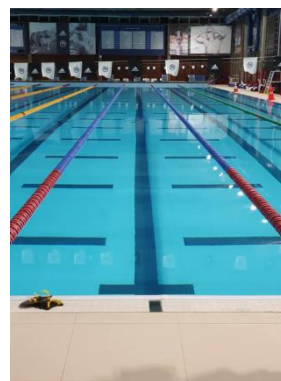
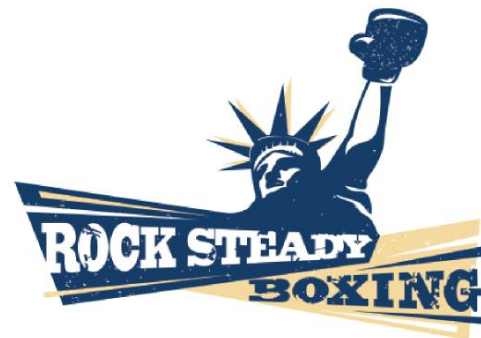
<https://www.parkinson.bc.ca/media/292458/exercise-booklet.pdf>

Something you enjoy!

Options for Exercise



Options for Exercise



Considerations for Exercise

Are you already exercising but need to consider a different type of exercise?

Are you new to exercise or have other health conditions to consider?

You can complete the PAR-Q+ Physical Activity Readiness Questionnaire

Consult with your Doctor, they may need to complete the ePARmedX+ form

Consider Frequency, Intensity, Time and Type of exercise

Pace yourself and build up gradually

Exercise should challenge you physically and cognitively

Considerations for Exercise

Home vs. Community

Individual vs. Group

Incorporate in to daily routines

Set yourself a goal

Use of technology to track your progress

Have a back up plan for the off days

Seek support – family, friends, professional

Ensure your safety

Most importantly – HAVE FUN!

2023 PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

☒ If you answered NO to all of the questions above, you are cleared for physical activity.
Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.

- ☐ Start becoming much more physically active – start slowly and build up gradually.
- ☐ Follow Global Physical Activity Guidelines for your age (<https://www.who.int/publications/i/item/9789240015128>).
- ☐ You may take part in a health and fitness appraisal.
- ☐ If you are over the age of 45 yr and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
- ☐ If you have any further questions, contact a qualified exercise professional.

PARTICIPANT DECLARATION

If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER _____

☐ If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.

☐ Delay becoming more active if:

- ☐ You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
- ☐ You are pregnant - talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePARmed-X+ at www.eparmedx.com before becoming more physically active.
- ☐ Your health changes - answer the questions on Pages 2 and 3 of this document and/or talk to your doctor or a qualified exercise professional before continuing with any physical activity program.

PAR-Q +

<http://eparmedx.com/>

Community Resources for Exercise



- Parkinson Society Of British Columbia
 - <https://www.parkinson.bc.ca/resources-services/exercise-active-living/community-exercise-programs/>



- BC Brain Wellness Program
 - <https://www.bcbrianwellness.ca/>

- Neurofit BC
 - <https://www.neurofitbc.com/>



- IMPACT Parkinson's
 - <https://impactparkinsons.com/>



- Parkinson Wellness Project
 - <https://parkinsonwellnessproject.org/>



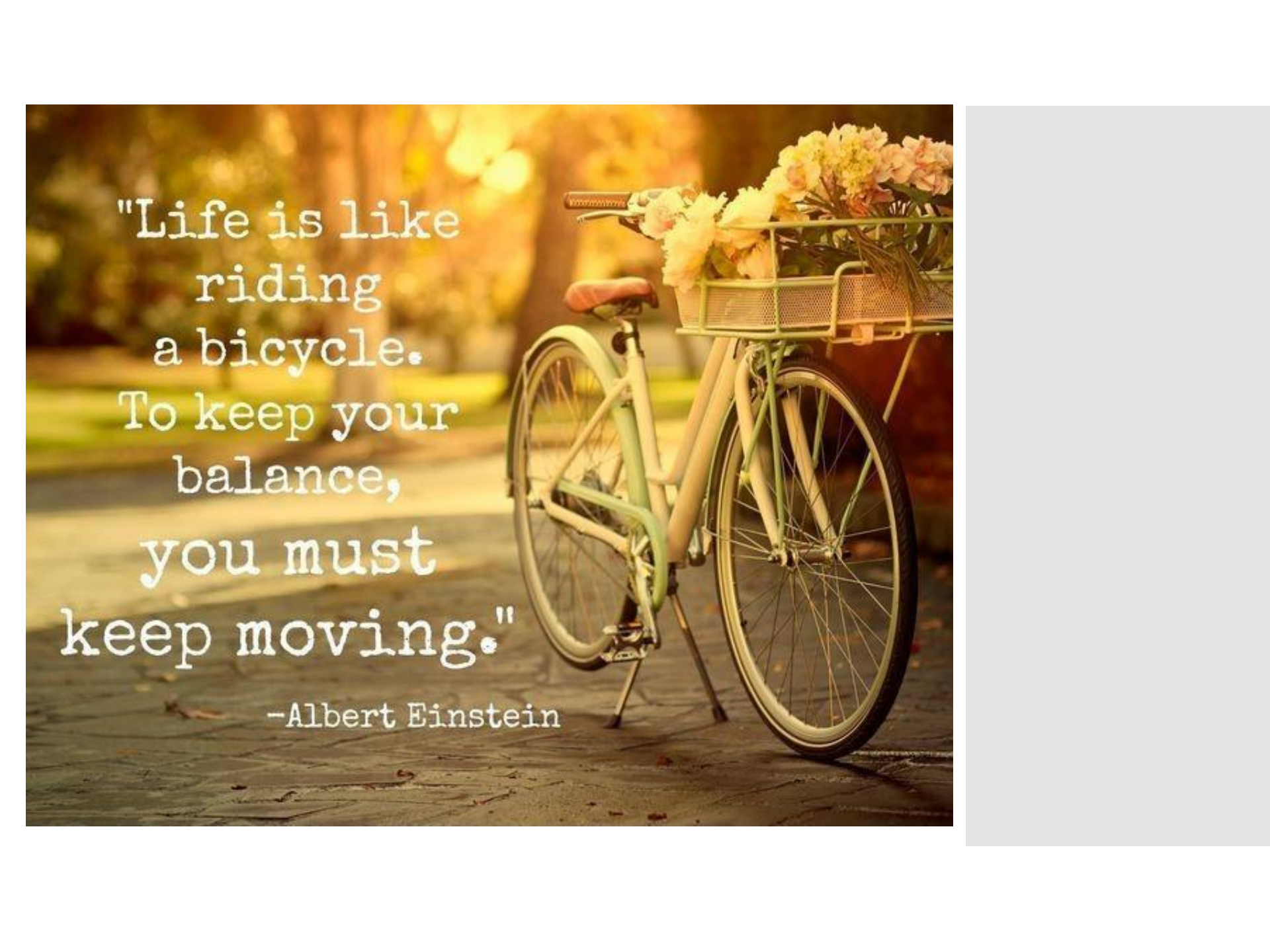
- Find a Physiotherapist
 - <https://bcphysio.org/find-a-physio>

Community Resources for Exercise

- Community Centre Programs
- Choose to Move - “A free 6 month approach for anyone age 65 and older that wants to become active, regardless of ability”
- <https://www.choosetomove.ca/>
- Health Link BC to contact a qualified exercise professional
- Call 811 (711 for the deaf and hard of hearing)
- <https://www.healthlinkbc.ca/physical-activity-services>



Living Well With Parkinson's

A vintage-style bicycle with a light green frame and a brown saddle is parked on a paved path. A large basket of yellow and pink flowers is attached to the handlebars. The background is a soft-focus park scene with trees displaying vibrant autumn foliage in shades of orange, yellow, and red. The lighting is warm and golden, suggesting late afternoon or early morning.

"Life is like
riding
a bicycle.
To keep your
balance,
you must
keep moving."

-Albert Einstein

Living Well With PD



Connect with others



Lifestyle modifications: Instill healthy habits



Be kind to yourself: Engage in relaxation therapies



Stay Active



Build a care team



Stay informed

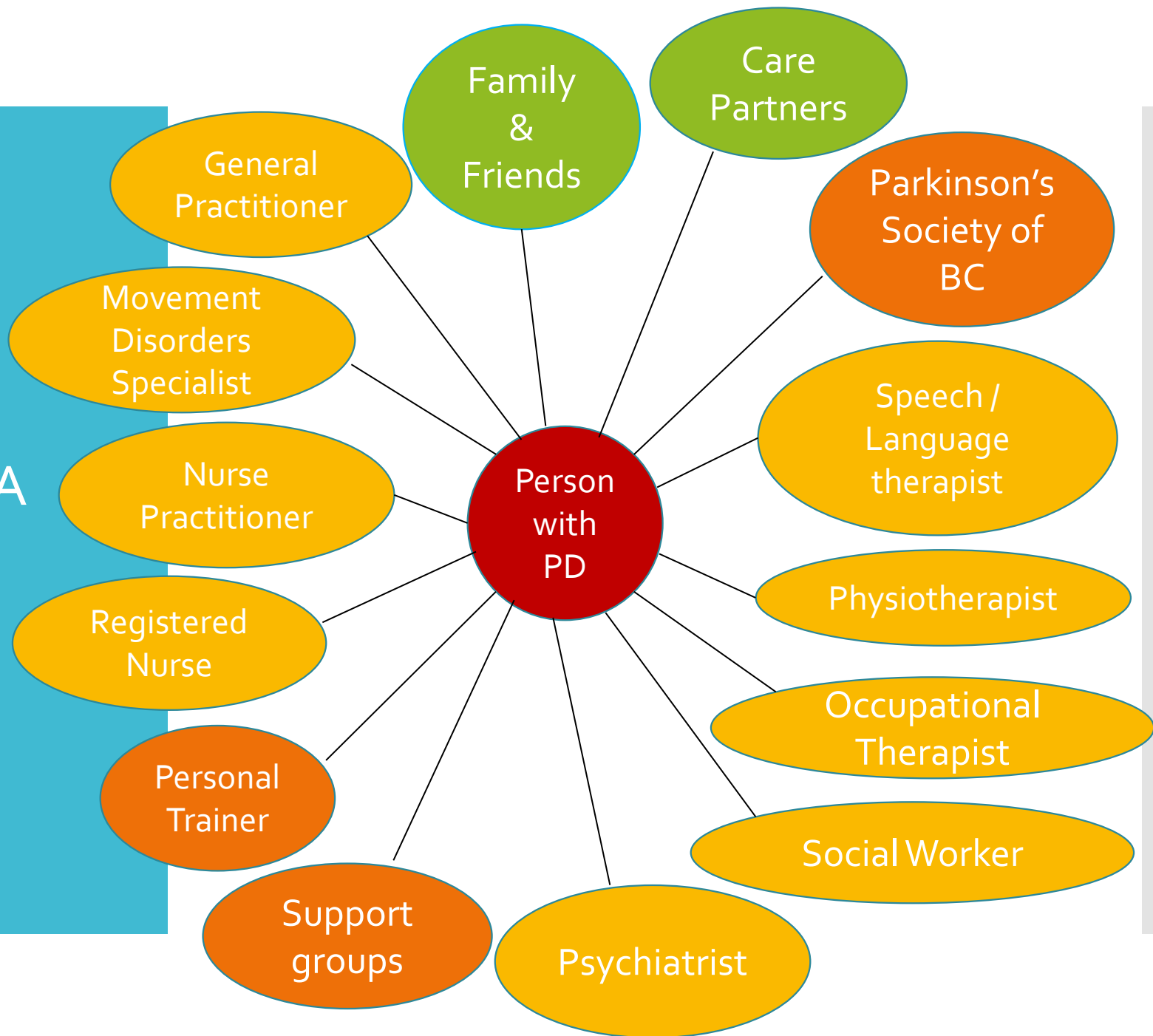
Building Your Team



TEAM



It Takes A Team



Additional Strategies For Living Well



SPEECH AND
LANGUAGE
THERAPY



OCCUPATIONAL
THERAPY



PHYSIO-
THERAPY



SOCIAL WORK



DIETITIAN



SLEEP
HYGIENE



STRESS
REDUCTION
AND
MINDFULNESS

Living Well With Parkinson's

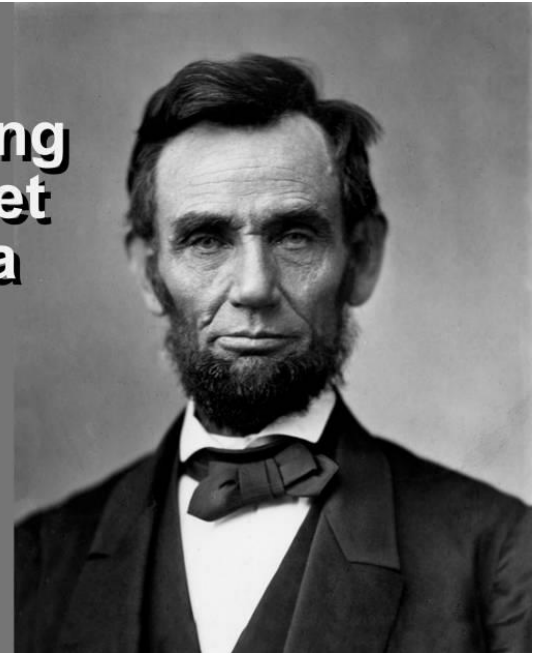
Key messages

- Disease progresses slowly (over years / decades)
- Exercise and medications can control symptoms very well!
- You don't have to go through it alone
- Focus on living the best life you can, be positive and proactive
- Advanced therapies exist and there is promising research being done

Making Informed Decisions

**“Don’t believe everything
you read on the Internet
just because there’s a
photo with a quote
next to it.”**

— Abraham Lincoln



Thank you
for listening!

