



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE BODIES ACTIVE MINDS

Pedaling for Parkinson's
WALDO COUNTY YMCA



157 Lincolnville Avenue, Belfast, Maine 04915
207.338.4598 www.waldocountyyymca.org
A 501(c)(3) Charitable Organization.

We are proud to announce our newest program PEDALING FOR PARKINSON'S. If you, or someone you know has Parkinson's disease, this program has been proven to help afflicted patients delay and in some cases improve their symptoms.

PEDALING FOR PARKINSON'S MISSION:

- To improve the quality of life of Parkinson's disease patients and caregivers.
- To educate patients, caregivers and the general public about the benefits of maintaining an active lifestyle after a Parkinson's diagnosis.
- To support research dedicated to the prevention and treatment of Parkinson's disease.

PARTICIPANT INFORMATION:

Program requirements:

- 30 - 75 years old (or older with physician approval).
- Diagnosed with Idiopathic Parkinson's disease.
- Complete and provide a signed consent form and a medical clearance form.
- Agree to periodically monitor progress.

Parkinson's patients with the following medical conditions are not eligible for this program:

- Cardiac or pulmonary disease.
- Uncontrolled diabetes mellitus
- Uncontrolled hypertension/stroke
- Dementia
- Other medical conditions that make exercise dangerous.

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 your ability to move the ways you want. Tremors, stiff muscles, slow movement and trouble with balance or walking are all symptoms of Parkinson's disease.

POPULAR QUESTIONS

- What equipment will we be using?
 - ◊ Classes are held on individual stationary bikes.
- What do I bring to class?
 - ◊ Water Bottle
 - ◊ Bike pants or shorts
 - ◊ Sneakers
 - ◊ Heart rate monitor if you have one, if not, we will provide one for you.
- When will classes be held?
 - ◊ Program begins Monday, December 2, 2019
 - ◊ Monday, Wednesday, Friday
 - ◊ 12:30 - 1:30 p.m.
 - ◊ Waldo County YMCA Wellness Room
- What is the cost?
 - ◊ Free for Annual Members
 - ◊ \$5.00 per class for 3 Month & Non Members
- How do I sign up?
 - ◊ Please stop by our front desk to pick up a Medical Clearance form and consent form. Or find and print copies from www.waldocountyyymca.org.

WHY PEDALING FOR PARKINSON'S?

Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction of symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally 80-90 rpm.

Fast pedaling is not a cure for Parkinson's disease and show not be described as such, but there is compelling evidence that it can make a 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 down the progression of their disease.

Questions?

Please contact Fitness Director, Tamera Blades at tblades@waldocountyyymca.org or call 207.338.4598

