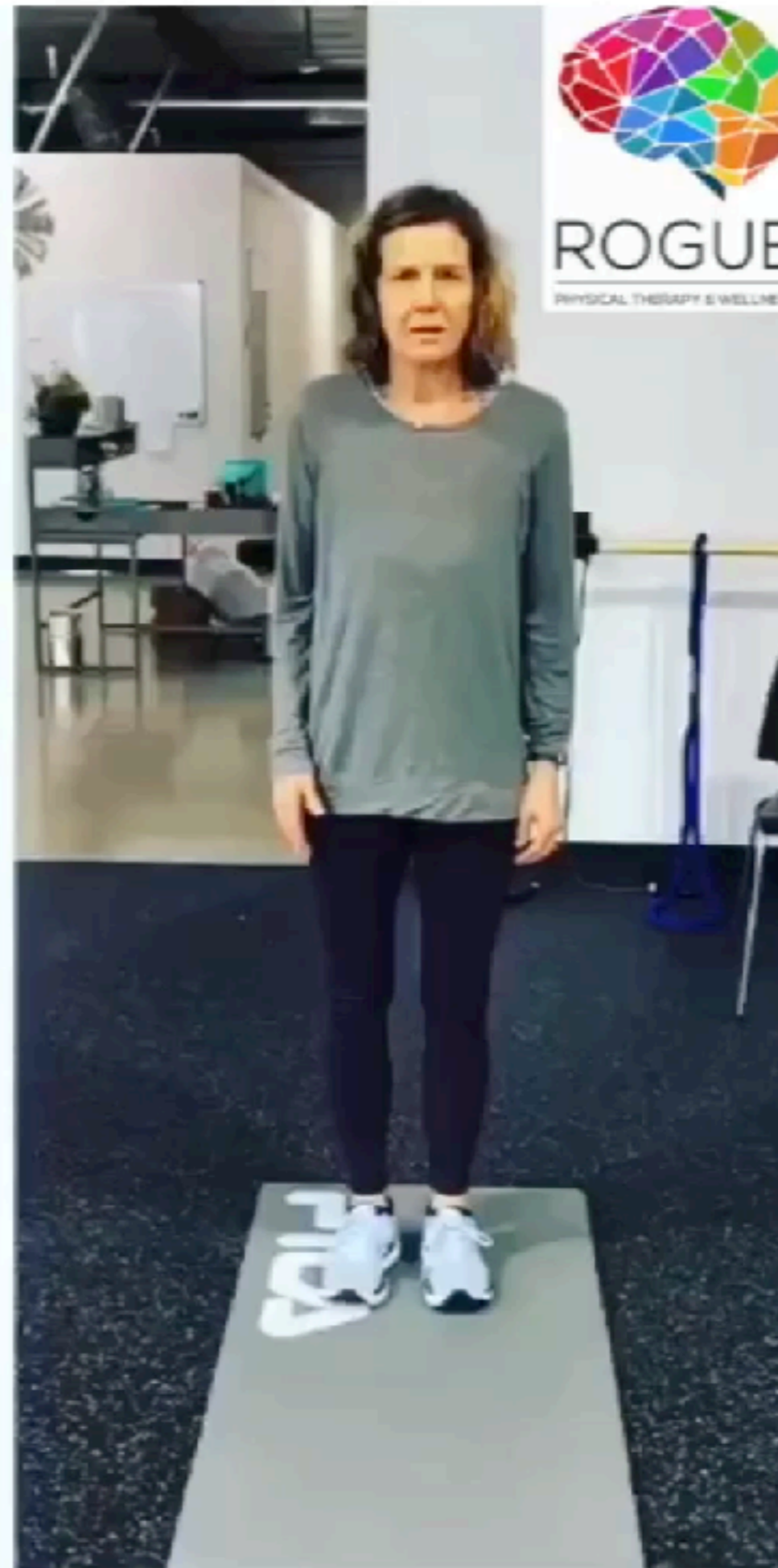


*Exercise is medicine for your
body and your brain!*

*Sherrie Gould NP-C
Scripps Clinic Medical Group
La Jolla, California*

You can NEVER hear it enough times.....

Why Exercise?



View Exercise As A Medicine

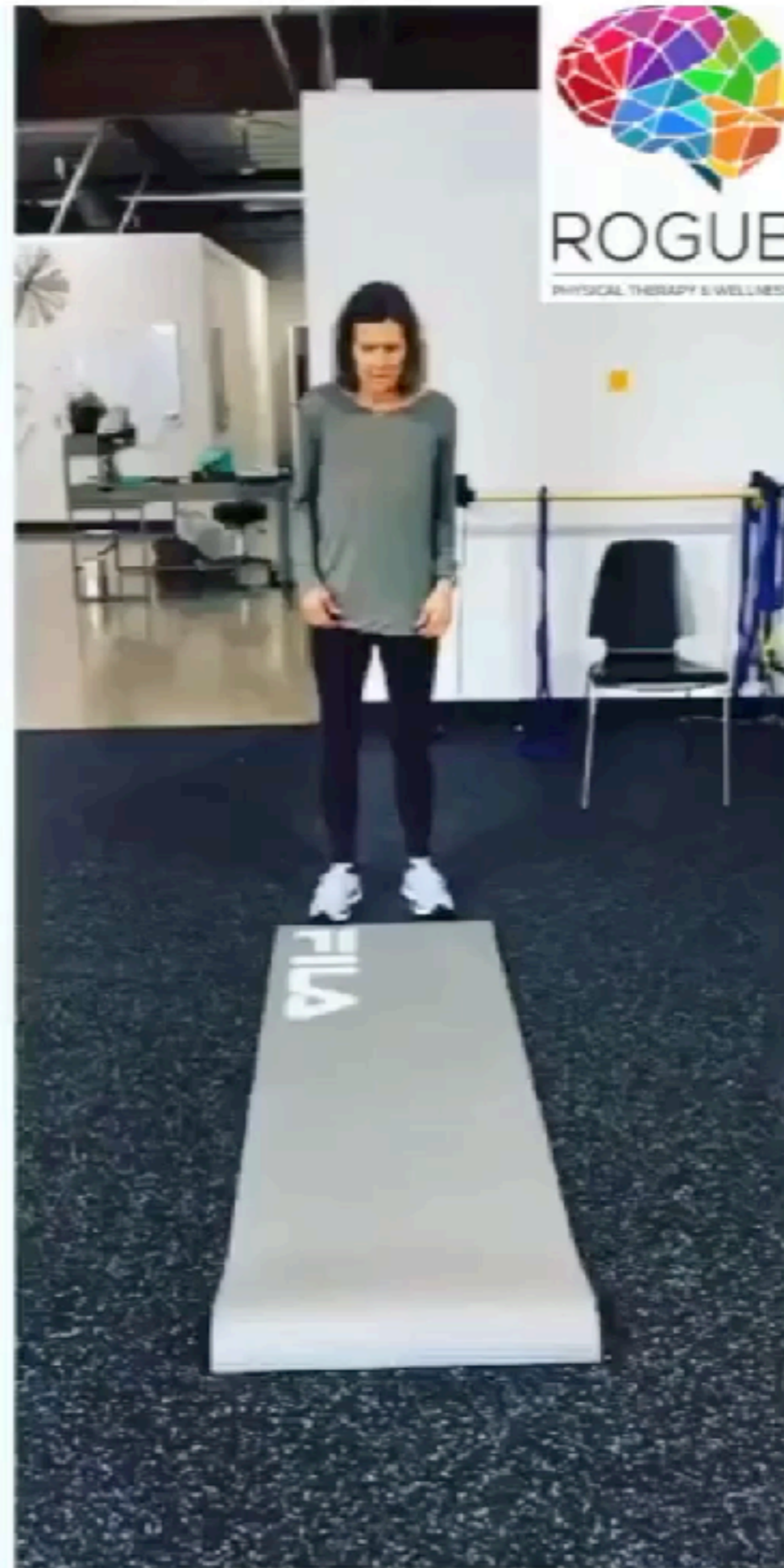
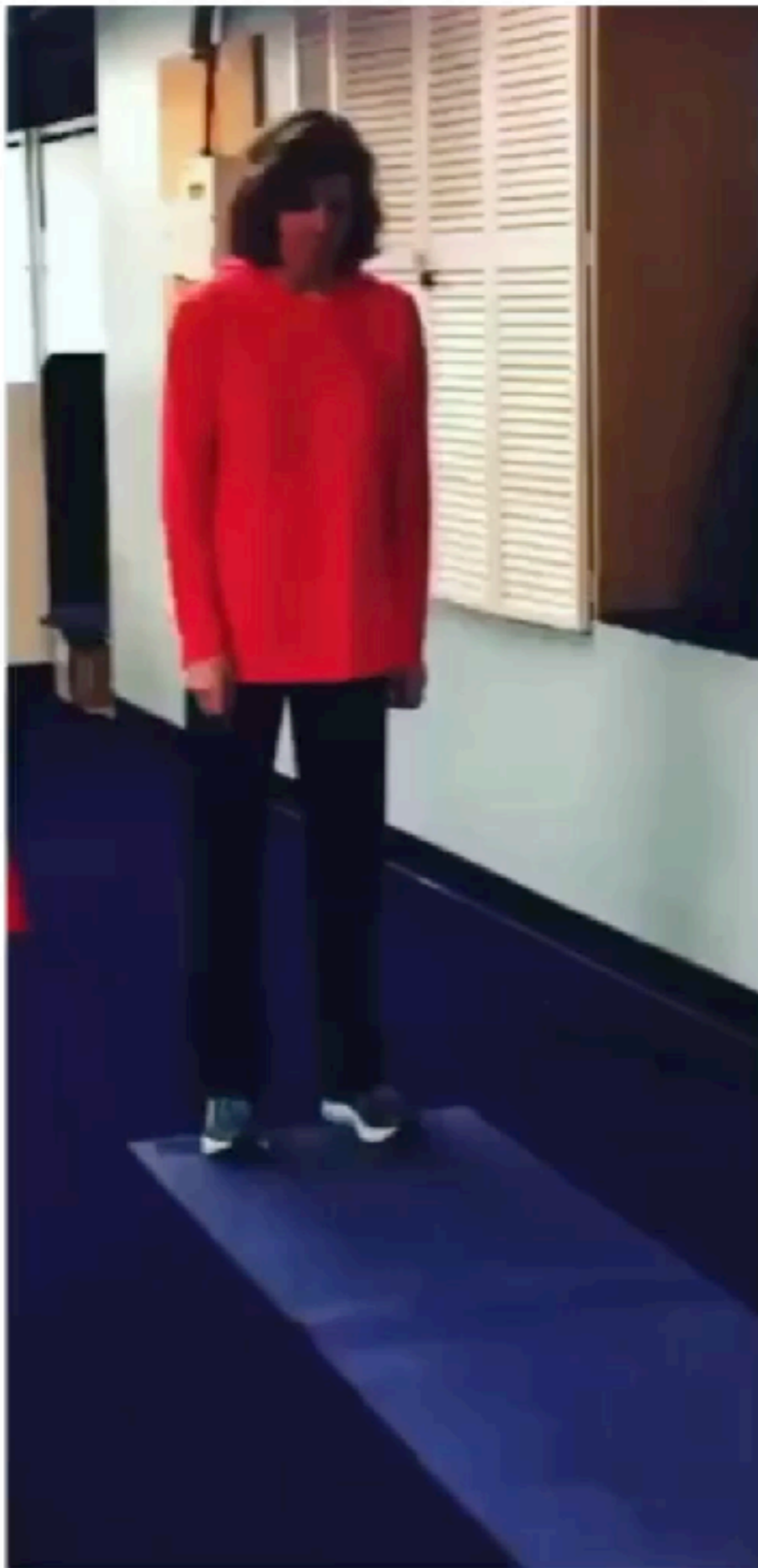
Imagine a pill that could:

- Improve your mental processes
- Improve your mood
- Improve your balance
- Improve coordination
- Improve your metabolism
- Improve your sleep
- Improve digestion (less constipation)
- Elevate your confidence and self esteem

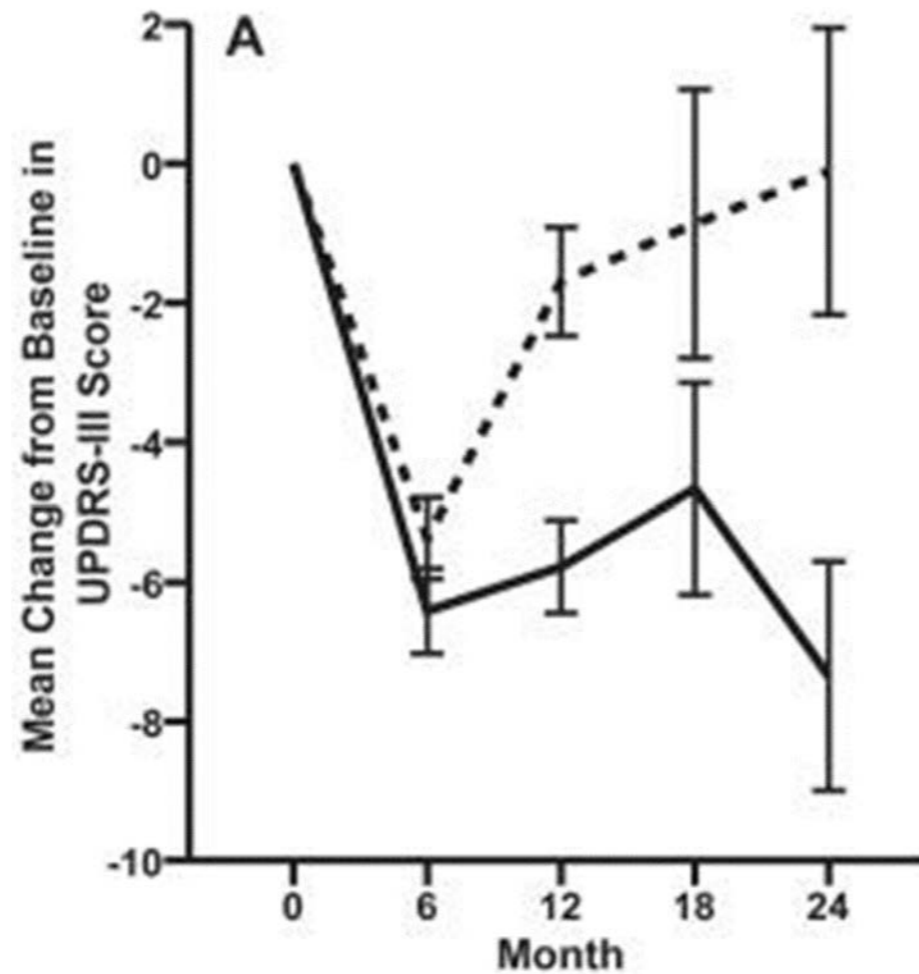
Side effects: NONE, only benefits!!!!!!



***Who would NOT take a pill like
this!!!!!!!!!!***



Proof Exercise Works



Corcos et al. *Mov Disord.* 2013

**Nearly 8 point
improvement in PD
motor score 2 years
after starting a
progressive
resistance training
program.**

Tips to make your exercise successful

- ▶ **Consistency!!!!!!!**
- ▶ Exercise daily, there are no days off.
- ▶ Find a way to make yourself accountable
- ▶ Plan the night before what exercise you are going to do the next day
- ▶ Repetition, repetition, repetition will make you stronger and more coordinated

Tips to make your exercise successful

▶ Intensity

- ▶ Increase repetitions

- ▶ Increase duration

- ▶ Increase intensity

- ▶ Vary conditions

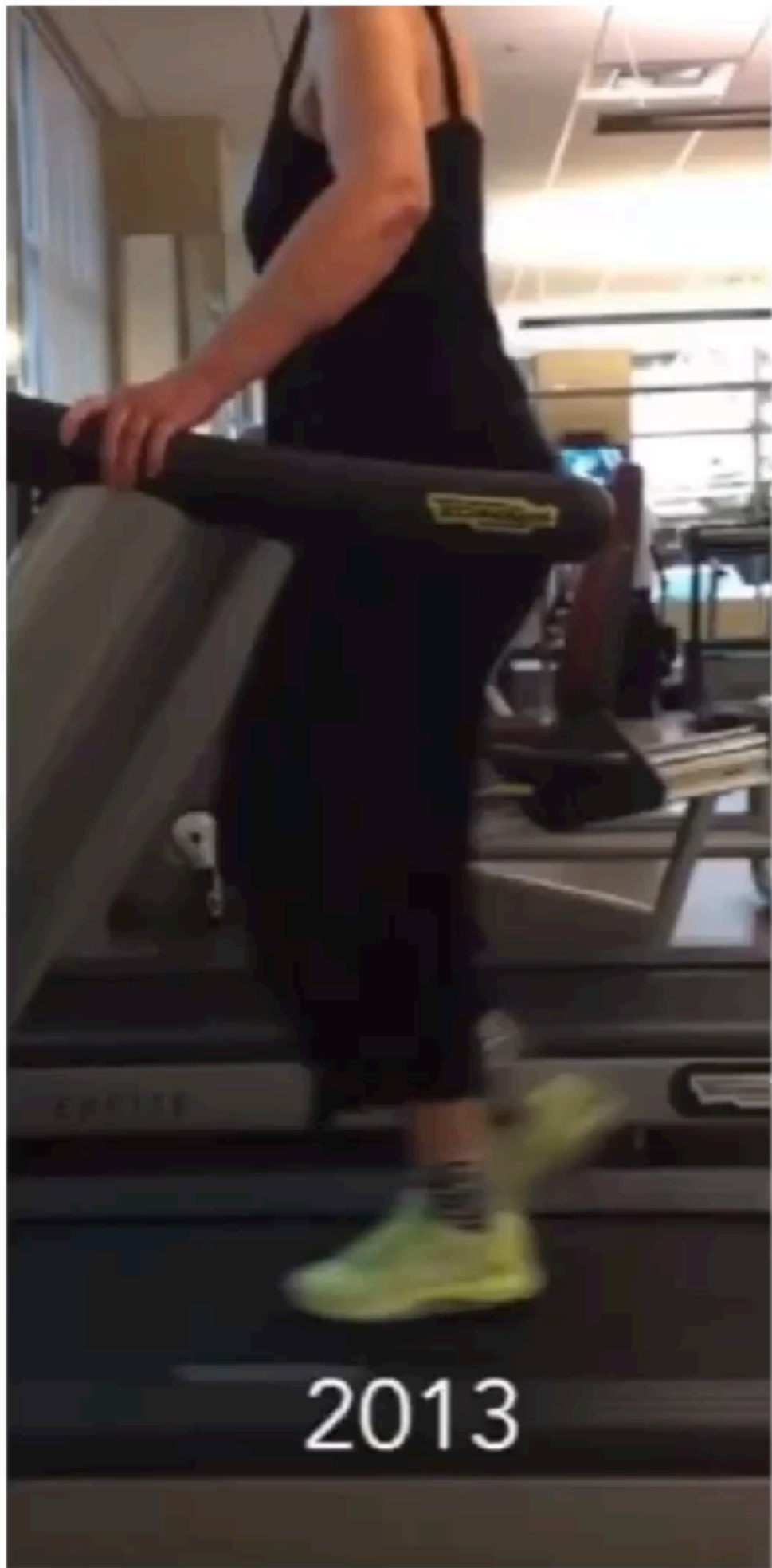
 - ▶ Flat ground vs incline walking, treadmill vs outdoors

- ▶ Force those dopamine neurons to utilize the dopamine more effectively

Tips to make your exercise successful

▶ Amplitude

- ▶ Move BIG (research proves it improves gait speed, quality, balance and transfers)
- ▶ Lack of dopamine causes small movement, small steps, small voice, slow activity
- ▶ Parkinson's wants to make you SMALL, counteract with BIG movements
- ▶ BIG voice, BIG arm swings, BIG stride length, big tall body



Tips to make your exercise successful

▶ **Function**

- ▶ Identify what specifically you are having problems with, work specifically to correct **THOSE** problems!
- ▶ Value your physical therapist or PD trainer or coach, go through evaluation to determine what **YOU** need to work on



Why might your exercise program be failing???

#1: Exercise program is too general

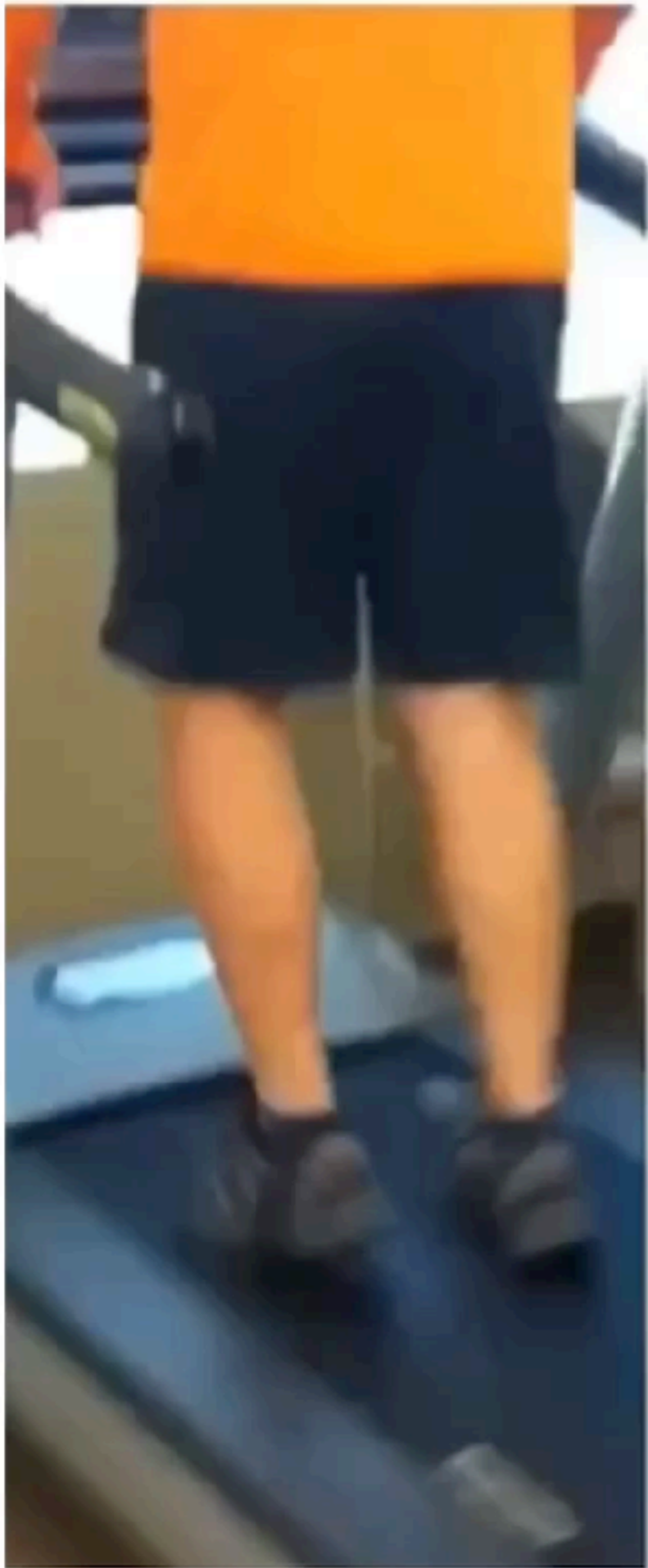
- ▶ **Must be specific to YOUR Parkinson's**
- ▶ **PD specific walking**
 - ▶ **Walking poles**
 - ▶ **Long strides**
 - ▶ **Hit with heel first when walking**
 - ▶ **Push off with toe**
 - ▶ **Posture is important (chin up, chest out, shoulders back)**

#2 Not enough effort into your exercise

- ▶ **Heart rate increases**
- ▶ **Sweating is good!**
- ▶ **Slightly breathless**
- ▶ **When your exercise regime gets easy, step it up a notch**
- ▶ **“If it’s not challenging you it’s not changing you!”- Sarah King PT, DPT**

#3 Exercise Program is inconsistent

- ▶ **Consistency is the name of the game**
- ▶ **Exercise EVERY DAY, there are NO days off**
- ▶ **Decide the night before how and where you will exercise and hold yourself to it!**
- ▶ **Pick something that you enjoy.**
- ▶ **Enjoyment increases likelihood for adherence**



#4

Make it fun!



How can you
make your
exercise
program
BETTER????

Summary

- ▶ **Exercise is vitally important to helping you live well with PD- no longer a question if it is good for PD**
- ▶ **Key elements of exercise for PD:**
 - ▶ **Make it safe, fun, enjoyable and challenging**
- ▶ **The best exercise: THE ONE YOU ARE GOING TO DO!**
- ▶ **Make a life long commitment to exercise and to living your best life with Parkinson's!**

YES

YOU

CAN



*And talk about Dedication,
Determination, Training and Travel....*

International Hiking trips with People with Parkinson's!



Kilimanjaro 2011



Everest Base Camp, 2013



Salkantay Pass, Machupicchu Peru, 2016



Camino de Santiago, Spain 2018



Dolomites, Italy

September 18, 2022

Contact me at sherrie@sherriegould.com



Thank you for your time and attention