"NO MATTER HOW LONG YOU HAVE BEEN DIAGNOSED WITH PARKINSON'S DISEASE, IT'S <u>NOT</u> TOO LATE TO START EXERCISING, AND IT'S <u>NEVER</u> TOO EARLY."

- OHIOHEALTH
DELAY THE DISEASE™
FOUNDERS





DECATUR COUNTY FAMILY YMCA

1 YMCA Way Greensburg, In 47240 **P** 812-663-9622

decaturcountyfamilyymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THOSE LIVING WITH PARKINSON'S DISEASE

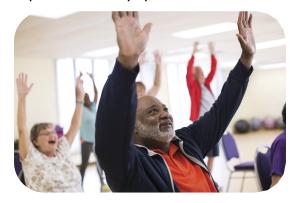
Delay The DiseaseTM
DECATUR COUNTY FAMILY
YMCA



TAKE CONTROL OF THE DISEASE!

Evidence-Based Programing

Research shows that exercise benefits people with PD. Participating in regular exercise can help your body cope with the disease and results in stabilization or improvement of symptoms.



CHANGES PARTICIPANTS HAVE NOTICED:

- Improved posture & strength
- Improved balance & walking ability
- Help preventing falls & restore general functional ability
- Improved cardiovascular health
- May also see improvement in memory, sleep, mental health and overall quality of life

Schedule

Tuesdays and Fridays 1 pm – 2 pm

"This plan helped me to pursue a positive and active approach to PD; it made me understand that I may have Parkinson's, but it does not have me."

~T.H. Mallory, M.D., F.A.C.S., orthopedic surgeon with Parkinson's disease

What happens in class?

- Flexibility utilizing yoga and dynamic stretching
- Coordination utilizing stability balls, medicine balls, agility drills, dance, ladder walking and boxing
- Respiratory yells, cheers and various voice drills
- Cardio walking, marching, cycling, boxing, rowing
- Balance standing on one foot, side stepping, tandem standing and walking
- Strength training using weighted medicine balls, dumbbells, resistance tubes and bodyweight

FOR MORE INFORMATION OR TO JOIN OUR CURRENT CLASS:

Contact:

Dawn Ernstes
Wellness Coordinator
Delay the Disease Instructor
812-663-9622 X 12
dawnb@dcfymca.org

INTEREST FORM

Please fill out this form and return it to the DECATUR COUNTY FAMILY YMCA

Namo

	th:	
Year Diagn		
Phone Num		•••••
Email:		
Do You Uti (Circle One	lize A Device)	For Mobility?
(Circle One		
Yes		
Yes	ve A Referral	Sometimes From A Physician

DELAY THE DISEASE

THE #1 PARKINSON'S EXERCISE PROGRAM