

Exercises styles for people with Parkinson’s to try whilst at home

If you want general information, and to hear what people with Parkinson’s tell you about the benefits of exercise, look at the information on the main website at:

<https://www.parkinsons.org.uk/information-and-support/exercise>.

In addition to this, and as a starter for 10, you might want to consider where you should be focusing your attention, and look at the following options to keep you active and exercising.

You can find examples of exercise from across the world, and we have directed you to a few commonly used, and trustworthy sites.

Focus areas	What you might try
<p>2. Exercises styles for people with Parkinson’s to try whilst at home: Investing in exercise from diagnosis onwards</p>	<ol style="list-style-type: none"> <li data-bbox="336 577 1433 779"> <p>Parkinson’s UK have just started to broadcast a set of 30 minute exercise videos. In the first, released 21st April 2020, Bev Ball leads people through an aerobic/balance set of exercises for people with milder symptoms, who have fairly good balance. See: https://www.facebook.com/parkinsonsuk/videos/599561933981329/?v=599561933981329</p> <li data-bbox="336 801 1433 1563"> <p>2. Reach your peak: A way of exercising online with a tailored programme for people with mild symptoms of Parkinson’s. Sally Tawhai and Maria Lewis, the physiotherapists who founded the company, set the programme up for people who were unable to get to a class or the gym due to home and work commitments, or who found it easier to exercise at times that suited them personally. The programme has a cost, BUT, Sally and Maria have added two short programmes for this Covid-19 period <u>free of charge</u>, with no obligation to remain with the company after this period. <i>The Stay Well Programme</i>. A 2-week Parkinson's-specific programme for people who already exercise to keep their Parkinson's symptoms under control, but are finding they can't go to their regular class, we can help! Go to: https://www.reachyourpeakonline.com to register. After you register to create your account, you fill in a short assessment so the exercises can be tailored to suit you. A response will come back to you within 24 hours, and is a great way to get on track: Once online, the experience includes coaching videos to help you get the most out of The Virtual Clinic, which you can access through your Desktop PC, Laptop, Tablet or any other mobile device. You can keep a record of how you have done, and monitor your progress, and receive <u>regular feedback from Sally and Maria</u>. You can also download the Reach Your Peak App for iOs or Android.</p> <li data-bbox="336 1585 1433 1742"> <p>3. The Australian PD warrior programme has an App with some of the programme available for free. PD Warrior is a Parkinson's-specific exercise programme that challenges your body and mind. It was developed by specialist Parkinson's physiotherapists, and used internationally. It can be downloaded at: https://play.google.com/store/apps/details?id=com.pd.warrior&hl=en_GB</p>
<p>3. Exercises styles for people with Parkinson’s to try whilst at home: Staying active</p>	<ol style="list-style-type: none"> <li data-bbox="336 1765 1433 1899"> <p>The Be Active Programme. A Parkinson’s-specific set of exercises from the Reach your Peak team. It offers a great way to exercise using the Reach Your Peak principles to help those who want a workout that is a little less vigorous than their usual programmes.</p> <li data-bbox="336 1921 1433 2123"> <p>The Parkinson’s Society, British Columbia, Canada, have pulled together their resources into a comprehensive site at: https://www.parkinson.bc.ca/coronavirus/online-resources/. The resources include different videos to watch, listen to and downloadable material to exercise to. There are two additional recommendations, not specifically for people with</p>

	<p>Parkinson's, but really good to follow. As these videos and programmes are not specifically for people with Parkinson's, there are a few important things to think about that will help you use these general formats safely with your Parkinson's symptoms. Please refer to the suggestions on our 'Before you exercise' sheet [hyperlink to sheet].</p> <p>3. Power for Parkinson's 'Take 10' short vids at: https://www.youtube.com/playlist?list=PL5jg5Ux_fmH0jM1hjYC8ajhPXFatYEWutV&gclid=Cj0KCQjws_r0BRCwARIsAMxfDRgKM352v4beFwmS4it2DE0qipf6J2dwF7kgZLz52B8vlpw3zdjklO8aAvqvEALw_wcB</p> <p>4. The University of Cardiff have produced a general exercise video specifically for people with movement disorders. It has a seated and standing option for all exercises: Move to exercise - https://www.youtube.com/watch?v=6P-o4a6ht7Q&list=PLOi2wccX7y-YEC2Ww3IRiBbqAQ7YJmaSm</p> <p>5. Generation games over 50's. A video of exercises led by Sarah Wheatley, a fitness instructor known for her work with the Later Life Training group. Watch and take part in the 40 minutes of exercise for people of differing abilities in the household to stay fit and active at: https://m.youtube.com/watch?v=76Np7Xb_8Z0</p> <p>6. How to stay active while you're at home. A website from Sport England (although appropriate to anyone in any of the four home countries) at: https://www.sportengland.org/news/how-stay-active-while-youre-home.</p> <p>The site has general information to start you exercising, especially alongside any family members at home with you. It includes NHS-linked programmes such as:</p> <p>a. A set of exercises for people with long term conditions, or people over the age of 65 who need a chair nearby whilst exercising broken into four short (10 minute) chunks: Sitting exercises (https://www.nhs.uk/live-well/exercise/sitting-exercises/); Strength (https://www.nhs.uk/live-well/exercise/strength-exercises/); Flexibility (https://www.nhs.uk/live-well/exercise/flexibility-exercises/), and Balance (https://www.nhs.uk/live-well/exercise/balance-exercises/). At the bottom of each page is a link to print the document if someone follows it better as a booklet.</p> <p>b. Or a link to Neila Rey's Darebee and NHS choices gym-free workouts: https://www.nhs.uk/live-well/exercise/gym-free-workouts/. These are exercises set out on a single sheet of paper that work different parts of the body, and some in a fun way. Check out the abdominal exercises using a pillow as your equipment, or the stair workout!</p>
<p>4. Exercises styles for people with Parkinson's to try whilst at home: Managing complex (physical) challenges</p>	<p>Power for Parkinson's Move and shout class led by an exercise instructor called Lauren: a 50 minute video of a seated class recorded in Austin, Texas. Watch, and join in at: https://youtu.be/LiEpzFKBdhw</p> <p>Parkinson's Association of Southwest Florida do a 20 minute seated class, led by Margaret Johnston at: https://www.youtube.com/watch?v=KNWqyKluZgg. It has the options of subtitles.</p>