

Benefits of Exercise with Parkinson's

- Improve confidence
- Decrease severity of PD symptoms
- Improve posture
- Experience reduced fear of falling
- Perform daily activities more efficiently with higher quality
- Understand their physicality better and improve self-management
- Be able to perform activities that many of us take for granted, including climbing stairs, entering a vehicle, simply standing up and walking across the room.
- Regular training sessions improve and enhance every area and quality of life

Sponsored by
UVAC &
Upper Valley Programs
for Parkinson's

PeP

Parkinson's Exercise Programs



UPPER VALLEY



AQUATIC
CENTER
uvacswim.org

100 Arboretum Lane
White River Junction, VT 05001
www.uvacswim.org

For more information, contact Erin Buck
ebuck@uvacswim.org
802.296.2850 X 104

PEP–Parkinson's Exercise Programs

For those with Parkinson's Disease exercise is as important as medications. Strength training, stretching, range-of-motion exercises and other forms of physical activity can help you maintain your mobility, dexterity, and balance. Exercise also helps you feel better mentally. UVAC welcomes you to be a part of this growing community.

3 Ways to Participate

1. Drop-in class (\$5 per class)
Enjoy one class during your visit
2. Program Only (\$35 per month)
Taking any classes under our PEP Umbrella: PWR!Moves, Pedaling for Parkinson's and Rock Steady Boxing
3. Program & Full UVAC Membership access (\$55 per month).
Additional Option: Caregiver membership program and Full UVAC Membership also (\$55 per month).

To register to participate or for more information, please contact Erin Buck, Fitness Director 802-296-2850 ext 112

(Caregivers are encouraged to assist during class)



UPPER VALLEY
AQUATIC
CENTER
uvacswim.org

1 PWR!Moves®

Parkinson Wellness Recovery

PWR!Moves are the core of our PD-specific functional exercise and physical therapy programs. The Basic 4 PWR!Moves are designed to each target a skill known to deteriorate in people with Parkinson disease, which often lead to loss of mobility and function. The PWR!Moves can be practiced in multiple positions, made progressively more challenging, and be used differently to target each person's unique symptoms individually.

Class Taught by Brandon Thibodeau, Certified PWR!Moves Instructor,

Dates: Tuesdays and Thursdays
Time: 12:30-1:30pm

2 Pedaling for Parkinson's



The Pedaling for Parkinson's™ program is based on research indicating that consistent exercise on a bicycle can reduce symptoms of Parkinson's. For convenience, this program is offered on indoor, stationary bikes.

Class Taught by Mel Viegner, Certified Pedaling for Parkinson's Instructor

Date: Wednesday
Time: 11:30am -12:30pm

3

**ROCK STEADY
BOXING
UPPER VALLEY**

Rock Steady Boxing is a health and wellness program designed for people with Parkinson's Disease. It's based on a foundation of non-contact boxing, and it's very effective for improving all of the symptoms that people with PD typically experience. RSB focuses on stretching, strengthening, balance, executive functioning, and fine motor skills.

Class Taught by Wyatt Guillette, Certified Rock Steady Boxing Instructor

Dates: Mondays and Fridays
Stages 1 and 2*
(mild)
Time: 12:30-2:00pm

Dates: Fridays
Stages 3 and 4*
(moderate to severe)
Time: 2:00 - 3:30pm

* Before you begin your RSB experience, you will be evaluated by one of our team.



SCAN THE QR CODE TO
DONATE TO THE UPPER
VALLEY PROGRAMS
FOR PARKINSON'S