

## WHAT IS PARKINSON'S

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

In time, Parkinson's affects muscles throughout the body, leading to difficulty swallowing, digestion, facial movements, and sometimes dementia.

## 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 in symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally, 80-90 revolutions per minute.

Fast pedaling is not a cure of Parkinson's disease and should not be touted as such, but there is compelling evidence to show that it does make a real 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 the progression of their disease.



### MEET PAUL SHINADA

"I was diagnosed in Spring 2010. Ever year I go fly fishing to the same campground. I believed after my diagnosis that it would be my last trip. I was put on some medication in 2011 and this helped me wade but didn't help walk easily. In 2012, before my next trip, I joined the PFP class at the Mill Creek Y. I was able to walk a little better but still had problems of rocky surfaces. In 2013 I went fishing again and it was my best trip ever! I fished and waded much better. I was three years older but upon reflection I was extremely happy. I firmly believe the pedaling class did a lot to give me a more normal fishing experiences. I am a measurable study: Pedaling has given me recovery of movement to almost normal!"

### QUESTIONS?

**Contact:** Gael Thomson  
P 425 357 3033  
E [gthomson@ymca-snoco.org](mailto:gthomson@ymca-snoco.org)

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

**Pedaling for Parkinson's  
MILL CREEK FAMILY YMCA**



**Pedaling For Parkinson's**

## PEDALING FOR PARKINSON'S REGISTRATION FORM

### Participant completes the following:

I would like to receive more information about Pedaling for Parkinson's

I am ready to reserve a spot in the Pedaling for Parkinson's program

Age \_\_\_\_\_

Participant Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Preferred Contact Phone \_\_\_\_\_

Email Address \_\_\_\_\_

How did you find out about PFP? \_\_\_\_\_  
\_\_\_\_\_

### Provider completes the following:

I recommend this individual to participate in the Pedaling for Parkinson's program

Provider's Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Clinic Name \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_

Please fax this completed form to the Mill Creek Family YMCA at 425 316 8031 to the attention of Gael Thomson

## PFP MISSION

The mission of Pedaling for Parkinson's is:

- To improve the quality of life of Parkinson's disease patients and their 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 prevention and treatment of Parkinson's disease.

## PROGRAM INFORMATION

### Who can participate?

Participants must:

- Be age 30-75 years
- Be diagnosed with Idiopathic PD
- Complete and submit a signed consent form and medical clearance
- Interview with the YMCA Wellness Director
- Agree to periodically monitor progress

### Who can NOT participate?

Parkinson's patients with the following medical conditions:

- Cardiac or pulmonary disease
- Uncontrolled diabetes mellitus
- Uncontrolled hypertension or stroke
- Dementia
- Other medical conditions that are contraindicative to exercise

### What do I bring to class?

- Water bottle
- Bike pants or shorts
- Tennis shoes
- Heart rate monitor (Polar brand is recommended)

## PFP AT THE Y

The Pedaling for Parkinson's program is available at your Mill Creek Family YMCA. You will need to register prior to starting with us.

Classes are held in the Cycle Studio, on individual stationary bikes.

### When are classes?

This is an on-going program on Mondays, Wednesdays and Fridays from 9-10 am.

### What is the cost?

This is a free program for the first 8 weeks and then either a Facility or Program Membership with the YMCA is required. Financial Assistance and SilverSneakers® are accepted.

### Ready to sign up?

A healthcare provider referral is required to enroll (may be a doctor, registered nurse, or any licensed healthcare provider). After you have completed your portion of the registration form, have your provider complete their portion and then you can either fax it to the Mill Creek Family YMCA (425 316 8031 Attn: Gael Thomson) or you can return it to the branch. Y staff will then contact you to discuss participation and enrollment.

## PROGRAM HIGHLIGHTS

- Three 60-minute group sessions per week for 8 weeks
- Includes an 8-week Y program membership
- You can bring a support person
- Community engagement