

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.



Pedaling For Parkinson's



MY Y STORY: PAUL SHINODA

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 medication in 2011 and this helped me wade but didn't help me 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 on 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?

Everett YMCA
2720 Rockefeller Ave. | Everett WA 98201
Gael Gebow | 425 374 5703

Marysville YMCA
6420 60th Dr. NE | Marysville WA 98270
Carrol Bailey | 360 651 1605

Mill Creek YMCA
13723 Puget Park Dr. | Everett WA 98208
Brook Mitchell | 425 357 3033



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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HELPING YOU LIVE BETTER

Pedaling for Parkinson's



YMCA-SNOCO.ORG/PFP

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 YMCA of Snohomish County Healthy Living Department at 1 800 860 1196.

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
- Agree to periodically monitor progress

Who cannot 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 Everett, Marysville, and Mill Creek Family YMCAs. You will need to register prior to starting with us.

This is a free program for the first 8 weeks. After that, a Program or Facility YMCA Membership is required. Financial assistance is available and SilverSneakers® are accepted.

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

When are classes?

Class times vary. Please check with your local YMCA of Snohomish County branch.

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 YMCA of Snohomish County Healthy Living Department at 1 800 860 1196. Y staff will then contact you to discuss participation and enrollment.

PROGRAM HIGHLIGHTS

- This is an on-going program
- Includes an initial 8-week free YMCA program membership
- You may bring a support person
- Community engagement