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.

MY Y STORY: PAUL SHINODA

I was diagnosed in Spring 2010 and put on medication in 2011. In 2012, I joined the PFP class at the Y. By 2013 I was able to participate in my annual fly fishing trip. I firmly believe that the pedaling class did a lot to give me a more normal fishing experience. I am a measurable study: Pedaling has given me recovery of movement to almost normal!

QUESTIONS?

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

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

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

Mukilteo YMCA
10601 47th Place West | Mukilteo WA 98275
425 493 2407

Stanwood-Camano YMCA
7213 267th St. NW | Stanwood WA 98292
360 629 9622

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 __________________________________________________________
Prefered 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 complete this form and turn it into the Welcome Center at your YMCA of Snohomish County branch.

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, Mill Creek, Mukilteo, and Stanwood-Camano YMCAs. You will need to register prior to starting with us.

This is a free program for the first eight weeks. After that, a Program or Facility YMCA Membership is required. Y Access for All 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 return the form to the Welcome Center at your YMCA of Snohomish County branch. 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