

## 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 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



FOR YOUTH DEVELOPMENT®  
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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 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