



# FOREVERWELL

APRIL 2024 | ISSUE HIGHLIGHT on PARKINSONS Marshall Area YMCA

## GET ACTIVE. STAYFIT. BE SOCIAL.

The Marshall Area YMCAs ForeverWell program supports the whole person wellbeing for those 55 years and older.

Through fitness classes, social and educational groups, and volunteer opportunities, ForeverWell helps people remain healthy, active, and involved in their community.



**APRIL IS**  
**PARKINSON'S AWARENESS MONTH!**  
This year, we're learning the:  
**ABCs of PD**  
DEFG  
HIJKL  
RSTUVWXY  
[Parkinson.org/Awareness](http://Parkinson.org/Awareness)

## THE ABCs of PD

**This Parkinson's Awareness Month, we're joining the Parkinson's Foundation to share the ABCs of PD.**

It's been said that if you know one person with Parkinson's disease, you know one person with Parkinson's.

Everyone's Parkinson's experience is unique. And that's why we're joining with the Parkinson's Foundation as they share the ABCs of PD this April for Parkinson's Awareness Month. They've created the ABCs of PD featuring 26 different aspects of the disease.

In addition to this we will also be sharing opportunities we offer here at the Marshall Area YMCA that benefit both those with and without PD.

**DID YOU KNOW ?**  
Someone is diagnosed with Parkinson's disease every 6 minutes in the U.S.  
**1.2 million people** in the U.S. will be living with Parkinson's by 2030.  
  
Parkinson's Foundation  
[Parkinson.org/Awareness](http://Parkinson.org/Awareness)

For more information on how you can live a healthy, active life, visit [www.marshallareaymca.org/health-wellness](http://www.marshallareaymca.org/health-wellness)

### FACILITY HOURS

Monday-Friday: 5am-9pm  
Saturday: 7am-5pm  
Sunday: Noon-5pm

### Director of Healthy Living

**Heather Radke**  
200 S. A Street  
Marshall, Mn 56258

# FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

## April 2024

*Please Note that Group Fitness Classes are subject to changes.  
Up to Date Classes are listed in Motion Vibe App.*

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	AquaFit Pool	AquaFit Pool	AquaFit Pool	AquaFit Pool	AquaFit Pool
9am	FW Fitness Mtg Room				FWKickboxing Mtg Room
9:30am	FWChairYoga Mtg Room	FW Strength & Balance Mtg Room	FWChairYoga	Wellness Walking + Weights Mtg Room	FWChairYoga Mtg Room  FW Line Dancing Studio
10:15am			FW Fitness Mtg Room	FW Tai Chi Studio	
10:30am					
11am		AquaSmile Pool		AquaSmile Pool	
11:30am					
12noon					
1:30-2:15pm	FW Fitness Studio				
5pm	AquaFit Deep Water		AquaFit Shallow Water  Zen H2O *3 <sup>rd</sup> Wed ONLY	AquaFit Combo Water	



## SPRING into FITNESS! MOVEMENT MATTERS

Exercise is an important part of healthy living for everyone.

Spring is a great time to start slow or add into your fitness routines. New guidelines indicate that every move counts towards better health with a motto of: move more sit less. It is recommended to add aerobics, strength and stretching into your routines.

Physical activity for adults and older adults provides health benefits, improves sleep, helps maintain a healthy weight, helps management of stress, improves quality of life. In addition to this physical activity can reduce your chance of Type 2 Diabetes by 40%, Cardiovascular disease by 35%, Falls/Depression by 25%, Joint and Back Pain by 25% and Cancers such as colon and breast cancer by 20%.







### HIGHLIGHT ON PD

**For those with Parkinson's disease (PD), exercise is more than healthy — it is a vital component to maintaining balance, mobility and activities of daily living.**

Research shows that exercise and physical activity can not only maintain and improve mobility, flexibility and balance but also ease non-motor PD symptoms such as depression or constipation.


The **Parkinson's Outcomes Project** shows that people with PD who start exercising earlier in their disease course for a minimum of 2.5 hours per week experience a slowed decline in quality of life compared to those who start later. Establishing early exercise habits is essential to overall disease management. To help manage the symptoms of PD, your exercise program.

**MOVE YOUR WAY.** What types of physical activity do older adults need to stay healthy?

<p> <b>Moderate-intensity aerobic activity</b></p> <p>Anything that gets your heart beating faster counts.</p> <div style="border: 1px solid black; border-radius: 50%; padding: 5px; text-align: center; width: 40px; margin: 0 auto;">             at least <b>150</b> minutes a week           </div>	<p> <b>Muscle-strengthening activity</b></p> <p>Activities that make your muscles work harder than usual count.</p> <div style="border: 1px solid black; padding: 5px; text-align: center; width: 40px; margin: 0 auto;">             at least <b>2</b> days a week           </div>	<p> <b>Mix in activities to improve your balance!</b></p> <p>Aim for a mix of aerobic, muscle-strengthening, and balance activities.</p> <div style="display: flex; justify-content: center; gap: 10px;">    </div> <p>Try activities that count as more than 1 activity type, like dancing, sports, or tai chi.</p>
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If that's more than you can do right now, **start slow and do what you can** — even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**





# Parkinson's Exercise Recommendations

Parkinson's is a progressive disease of the nervous system marked by tremor, stiffness, slow movement and balance problems.

**Exercise and physical activity can improve many motor and non-motor Parkinson's symptoms:**



## Aerobic Activity

3 days/week for at least 30 mins per session of continuous or intermittent at moderate to vigorous intensity

**TYPE:** Continuous, rhythmic activities such as brisk walking, running, cycling, swimming, aerobics class

**CONSIDERATIONS:** Safety concerns due to risks of freezing of gait, low blood pressure, blunted heart rate response. Supervision may be required.



## Strength Training

2-3 non-consecutive days/week for at least 30 mins per session of 10-15 reps for major muscle groups; resistance, speed or power focus

**TYPE:** Major muscle groups of upper/lower extremities such as using weight machines, resistance bands, light/moderate handheld weights or body weight

**CONSIDERATIONS:** Muscle stiffness or postural instability may hinder full range of motion.

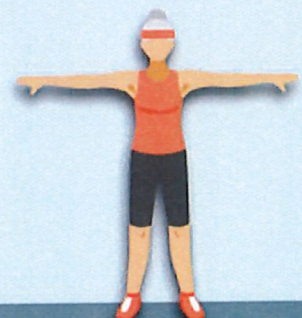


## Balance, Agility & Multitasking

2-3 days/week with daily integration if possible

**TYPE:** Multi-directional stepping, weight shifting, dynamic balance activities, large movements, multitasking such as yoga, tai chi, dance, boxing

**CONSIDERATIONS:** Safety concerns with cognitive and balance problems. Hold on to something stable as needed. Supervision may be required.



## Stretching

>2-3 days/week with daily being most effective

**TYPE:** Sustained stretching with deep breathing or dynamic stretching before exercise

**CONSIDERATIONS:** May require adaptations for flexed posture, osteoporosis and pain.



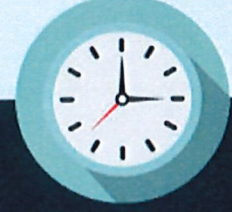
**See a physical therapist** specializing in Parkinson's for full functional evaluation and recommendations.



**Safety first:** Exercise during on periods, when taking medication. If not safe to exercise on your own, have someone with you.



It's important to **modify and progress** your exercise routine over time.



Participate in **150 minutes** of moderate-to-vigorous exercise per week.



AMERICAN COLLEGE  
of SPORTS MEDICINE  
LEADING THE WAY

**Parkinson's**  
Foundation

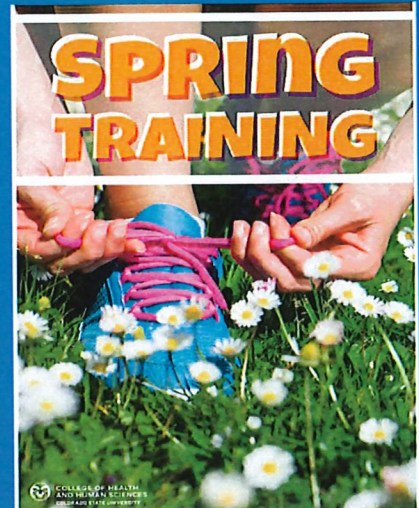
Helpline: 800.473.4636/Parkinson.org

## Why Choose a Personal Trainer Over Going to the Gym Alone?

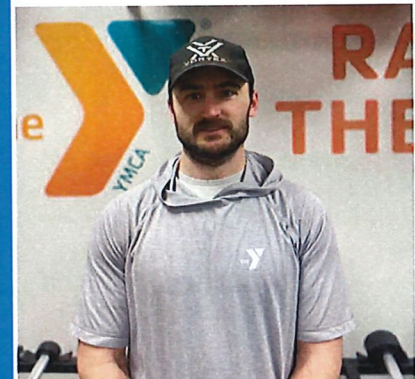
Spring is on the way, and that means getting out and about to enjoy the warmer weather. It's time to start gardening, golfing, and playing with grandkids at the park. However, to make the most of this time, seniors need to be feeling strong and able to navigate their surroundings. Hiring a personal trainer can help older adults boost their health and mobility as they age so they can stay as active as possible.

At the Marshall Area YMCA members can come and go as they please to work out. So why opt for a personal trainer?

1. **Safety.** Going to the gym can be intimidating, and using equipment incorrectly or performing exercises with improper form can lead to injury. A personal trainer is right there to ensure that seniors are doing each exercise correctly and know how to use the equipment. They can modify exercises to accommodate limited mobility, poor balance, weakness, and much more to keep individuals safer.
2. **Age-appropriate exercises.** Personal trainers understand the unique challenges seniors face and that the workout a 20-year-old is doing may not be right for a 70-year-old. Instead, they can recommend a workout that focuses on specific goals the senior may have such as core strength, balance, coordination, or flexibility.
3. **Personalized attention.** There's no guessing involved when it comes to working out with a personal trainer. They tell individuals exactly what to do, demonstrate how to do it, then watch while it's being done. As seniors make progress toward their goals, the trainer can increase the intensity, adjust modifications, or add new exercises. Everything is based on the senior's needs, not a cookie-cutter program.

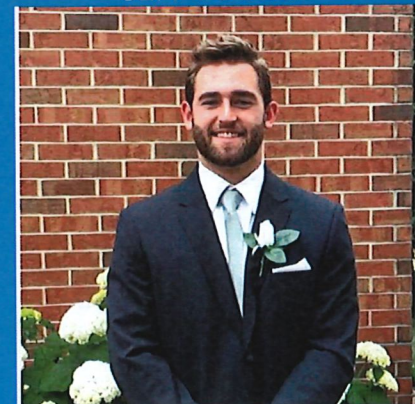


### Meet your YMCA Personal Trainers



**Certified Personal Trainer**

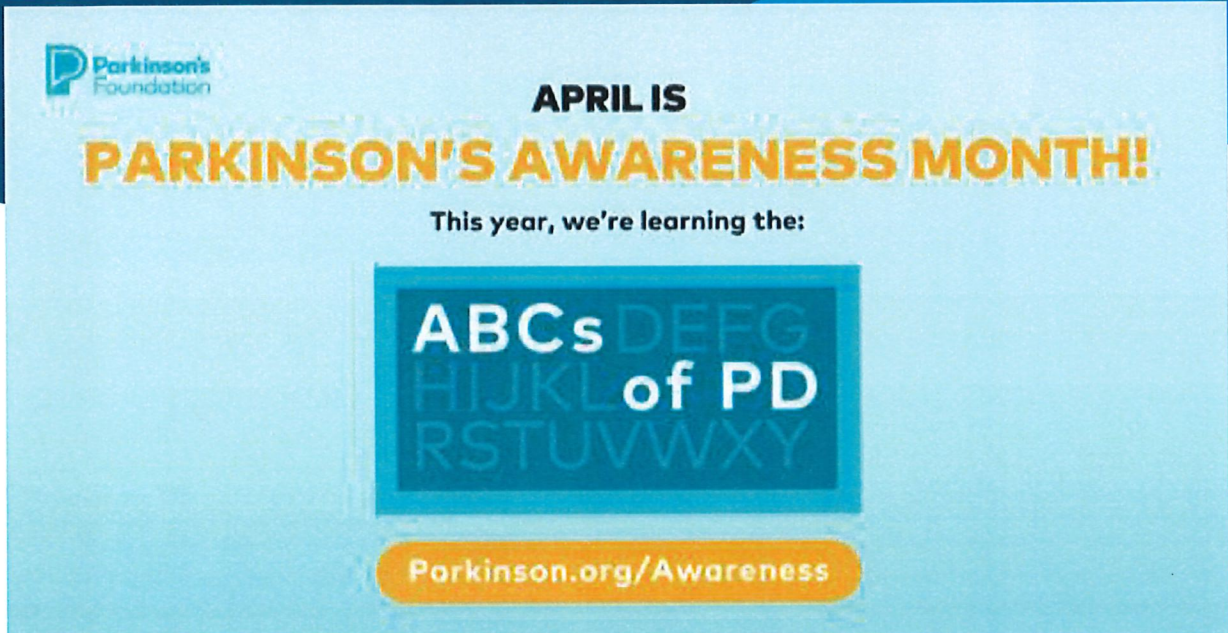
JEFF POOLER



**Certified Personal Trainer**

DEREK SMITH

# MARSHALL AREA YMCA DOCTOR DISCUSSIONS APRIL 24 @ 10-11AM



**It's been said that if you know one person with Parkinson's disease, you know one person with Parkinson's.**

**Everyone's Parkinson's experience is unique.**

**And that's why we're joining together with the Parkinson's Foundation and local doctors as they share the ABCs of PD this April for Parkinson's Awareness Month.**

**The ABCs of PD features 26 different aspects of the disease.**

**We will be joined by Dr. Vince LaPorte & Dr. Ghayas**

**In addition to this Heather will also be sharing opportunities we offer here at the Marshall Area YMCA that benefit those with PD as well as their caregivers.**

**COME Ready to Listen but also ask Questions!**