



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

## Pedaling for Parkinson's SALEM FAMILY YMCA



### Reduce your symptoms:

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. We do know that fast-paced cycling is changing the lives of increasing numbers of participants who had no hope beyond medication and eventually surgery to slow the progression of their disease.

### Participant's must:

- Be age 30-75 years and diagnosed with Idiopathic PD
- Agree to periodically monitor progress
- May NOT have cardiac or pulmonary disease, uncontrolled diabetes mellitus, uncontrolled hypertension, dementia, stroke, or other medical or musculoskeletal contraindications to exercise.

**WHEN:** Monday, Wednesday and Friday  
**TIME:** 1-2 pm  
**LOCATION:** SALEM FAMILY YMCA CYCLING STUDIO



*Pedaling For Parkinson's*



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## PEDALING FOR PARKINSON'S HELPING YOU LIVE BETTER

What you will experience:

- Three 60-minute group sessions per week for 8 weeks
- A certified instructor with specialized training to bring out your physical best
- 10 minute warm up, 40 minute main exercise set, 10 minute cool-down
- Lots of opportunities to socialize and make new friends

### READY TO REGISTER?

A prescreening interview with Y staff and a healthcare provider referral is required to enroll. Leave your name and contact information with our Membership Desk and a Y staff member will contact you to set up an appointment.

Membership is required, financial assistance is available.

Want to learn more?  
Contact:

Nekole Baurer  
Community Health Director  
(503) 399-2770  
Nbauer@theyonline.org

**FAMILY YMCA OF MARION AND POLK COUNTIES**  
Salem Family YMCA Branch  
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