



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: 9:30-10:30 am
LOCATION: SALEM FAMILY YMCA CYCLING STUDIO



Pedaling For Parkinson's



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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
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FAMILY YMCA OF MARION AND POLK COUNTIES
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