



**GET ACTIVE**  
Gold Coast

## BEING ACTIVE WITH A HEALTH CONCERN: *Parkinson's disease*



***ALWAYS plan your physical activity program under the supervision of your doctor or health care professional. Your health care professional can help select and monitor the most suitable activities for you!***

Evidence suggests that regular physical activity can improve some of the symptoms of Parkinson's such as tremor, rigidity and impaired movement, and enhance quality of life.

The benefits of regular activity for a person with Parkinson's include:

- prevention of joint deformity
- improved joint mobility
- reduced muscle cramping
- improved control over gross motor movements such as walking
- reduced stress levels
- greater confidence in performing daily activities.

### **STAY ACTIVE:**

Most people with Parkinson's disease continue to live long and rewarding lives. Stay active to maintain or improve your muscle strength and fitness.

Recommendations include:

- Aim for at least 15 minutes of physical activity every day.
- Spend a few minutes warming up and cooling down.
- Include a thorough stretching program that targets each joint and muscle group.
- Start with easiest activities first and try being active in the morning to help manage fatigue.
- Hold onto a chair when performing standing exercises.
- Exercise when other people are at home who can help if necessary.

For further information talk to your health professional or contact:

**Parkinson's Queensland**

**Phone:** 1800 644 189

**Web:** [www.parkinsons-qld.org.au](http://www.parkinsons-qld.org.au)



Parkinson's Queensland Inc

*Get up, get out...get active!*

[www.getactivegoldcoast.com.au](http://www.getactivegoldcoast.com.au)