A NEW OPPORTUNITY to EXERCISE for PEOPLE WITH PARKINSON'S DISEASE in Greater Cincinnati

WHAT? A new program of exercise for people with Parkinson's disease (PWPs) is now being offered by Personal Fitness Programs (www.personalfitnesscincinnati.com). This program is appropriate for any age or any ability; to accommodate variations in physical condition, modifications will be suggested so that everyone can do each exercise on some level. The goal is to improve and/or maintain flexibility, balance, strength, cardiovascular fitness, and coordinated movement for people who live with Parkinson's disease.

WHO? The program will be conducted by exercise professionals Sarah Krumme Stahr and Steve Damico, the principals of Personal Fitness Programs. Sarah and Steve are certified personal trainers who have both worked with Parkinson's patients for many years. Sarah has a master's degree in exercise physiology.

WHEN? The program is beginning with a pilot session of 14 weeks. The class will meet once a week on Saturdays at 2:00 pm and consist of an initial evaluation session, followed by 12 weekly workout sessions, and a closing evaluation session. Participants will register for the entire block at one time for a fee of $98. PWPs will also need to acquire some equipment (stability ball, hand weights, etc.), particularly for use at home, as the instructors expect everyone to sign a contract (with themselves) to exercise twice a week at home.

WHERE? The location of the class is the recreation room at St. Paul Village retirement community at 5515 Madison Rd. in the Madisonville area of Cincinnati. To reach this location, take the Red Bank Road exit off of I-71 and turn left at the second stop light onto Madison Road. Go to the next stoplight and turn right onto Stewart Rd. Watch for the fence along the right and you'll see the sign for St. Paul Village. Turn right into the parking lot. The door for the class is the farthest from the street; we'll put a big yellow sign on the door.

WHY? New research continues to indicate the benefits of exercise for PWPs. Not only do strong muscles work better at fighting the disease, but exercise can improve everyday functioning. Ask your doctor about your participation in any exercise program.

HOW DO I GET STARTED? The first series of classes will begin in late January, 2010. For more information about the program and schedule, or to reserve a place in the class, please contact:

- Personal Fitness Programs (Sarah Stahr/Steve Damico), 513-231-0506 or personalfitness@fuse.net

or

- Tri-State Parkinson's Wellness Chapter, 513-948-1100, 877-489-1110 or info@parkinsonswellness.org.