Keeping Active

Why

... are we interested in people with Parkinson's keeping active?

Activity is at the heart of countering many Parkinson's symptoms, including conditions not immed to exercise. Some forms of activity are now well known to help manage Parkinson's symptoms, ra walking, cycling and dance to tai chi, yoga and pilates.

Others reflect more recent research. For example, a small observational study showed that 12 we boxing training could produce measurable improvements in gait, balance and quality of life. Austr physiotherapists have developed an exercise treatment known as PD Warrior which slows down advance. Other research is comparing the benefits of nordic walking with similar activities.

What

...we know about keeping active that may be relevant to you.

Research in these areas has pushed back the boundaries of our understanding of the value of acti throughout the Parkinson's community. It is often low-tech and easy to prove – or disprove. Curr is demonstrating the value of exercise in mitigating the effects of neurological symptoms.

We are deeply grateful for the contribution you are already making to Parkinson's research. We h you will keep in mind opportunities to extend our partnership in other areas relating to the impact across the Parkinson's spectrum. This could give you the chance to help yourself and help others

Where

...you can find more information about exercise on the Parkinson's UK website:
https://www.parkinsons.org.uk/information-and-support/exercise