

DIFFERENT TYPES OF EXERCISE

EXAMPLES
↔

DOSE

TYPE

Parkinson's
exercise
planner

(NORDIC) WALKING
JOGGING/RUNNING
SWIMMING
CYCLING

WEIGHT TRAINING
BOXING TRAINING
CIRCUIT CLASS

150 MINS MODERATE
OR 75 MINS VIGOROUS
5 x WEEK

2 x WEEK
STRENGTH & POWER

PART OF STRENGTH AND
ENDURANCE WORKOUT

CHAIR STAND
ROLL IN BED
STAIRS

DAILY

ENDURANCE

2 x WEEK
SPEED

FUNCTION

STRENGTH & POWER

2 x WEEK
COORDINATION

BALANCE

BOWLING
DANCING
BOXING TRAINING

2-3 x WEEK

FLEXIBILITY

1-3 x WEEK
BALANCE CLASS
TAI CHI
GAMING CONSOLES

YOGA
PILATES
STRETCHING

ARE YOU GETTING YOUR DAILY DOSE?