

WHAT IS PARKINSON'S?

Parkinson's disease is caused by a breakdown in the nerve cells in the brain. The affected nerve cells do not produce enough dopamine, which affects the person's ability to move the way they want to. Tremors, stiff muscles, slow movement, and trouble with balance or walking are all symptoms of Parkinson's disease.

In time, Parkinson's affects muscles throughout the body, leading to difficulty swallowing, digestion, facial movements, and sometimes dementia.

PEDALING FOR PARKINSON'S

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.

Fast pedaling is not a cure for Parkinson's disease and should not be touted as such, but there is compelling evidence to show that it does make a real difference for many who try it.

We do know that fast-paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and eventually surgery to slow the progression of their disease.



MEET PAUL SHINADA

"I was diagnosed in Spring 2010. Every year I go fly fishing to the same campground. I believed after my diagnosis that it would be my last trip. I was put on some medication in 2011 and this helped me wade but didn't help me walk easily. In 2012, before my next trip, I joined the PFP class at Mill Creek Y. I was able to walk a little better but still had problems of rocky surfaces. In 2013 I went fishing again and it was my best trip ever! I fished and waded much better. I was three years older but upon reflection I was extremely happy. I firmly believe the pedaling class did a lot to give me a more normal fishing experience. I am a measurable study: Pedaling has given me recovery of movement to almost normal!"

QUESTIONS?

Contact: Ryan Vogt
P: 509-396-3712 x 127
E: ryan@tricitycourtclub.com

Tri-City Court Club

P: 509-783-5465

www.tricitycourtclub.com



HELPING YOU LIVE BETTER!

Pedaling for Parkinson's Tri-City Court Club



PEDALING FOR PARKINSON'S REGISTRATION FORM

Participant completes the following:

I would like to receive more information about Pedaling for Parkinson's.

I am ready to reserve a spot in the Pedaling for Parkinson's program.

Age: _____

Participant Name: _____

Address: _____

Preferred Contact Phone: _____

Email Address: _____

How did you hear about PFP? _____

Provider completes the following:

I recommend this individual to participate in the Pedaling for Parkinson's program.

Provider's Name: _____

Signature: _____

Date: _____

Clinic Name: _____

Email Address: _____

Phone: _____

Please fax this completed form to Tri-City Court Club
509-736-0765 to the attention of Ryan Vogt.

PFP MISSION

The mission of Pedaling for Parkinson's is:

- To improve the quality of life of Parkinson's disease patients and their caregivers;
- To educate patients, caregivers, and the general public about the benefits of maintaining an active lifestyle after a Parkinson's diagnosis;
- To support research dedicated to prevention and treatment of Parkinson's diseases.

PROGRAM INFORMATION

Who can participate?

Participants must:

- Be age 30-75 years
- Be diagnosed with Idiopathic PD
- Complete and submit a signed consent form and medical clearance
- Interview with the TCCC Fitness Director
- Agree to periodically monitor progress

Who can NOT participate?

Parkinson's patients with the following medical conditions:

- Cardiac or pulmonary disease
- Uncontrolled diabetes mellitus
- Uncontrolled hypertension or stroke
- Dementia
- Other medical conditions that are contraindicative to exercise

What do I bring to class?

- Water bottle
- Bike shorts
- Tennis shoes
- Padded Bike Seat

PFP AT TRI-CITY COURT CLUB

The Pedaling for Parkinson's program is available at Tri-City Court Club. You will need to register prior to starting with us.

Classes are held in the Group Ride Studio, on individual stationary bikes.

When are classes?

This is an ongoing program on Mondays, Wednesdays, and Fridays from 10:05—11:05 a.m.

What is the cost?

This is a free program for the first 8 weeks and then either membership with TCCC or the purchase of a class punch card is required.

Ready to sign up?

A healthcare provider referral is required to enroll (may be a doctor, registered nurse, or any licensed healthcare provider). After you have completed your portion of the registration form, have your provider complete their portion and then you can either fax it to the Club, Attn: Ryan Vogt, or you can return it to TCCC. Tri-City Court Club staff will contact you to discuss participation and enrollment.

PROGRAM HIGHLIGHTS

- Three 60-minute group sessions per week for 8 weeks
- Includes an 8-week TCCC program membership
- You can bring a support person
- Community engagement

AQUA MOTION AVAILABLE

Seasonal aquatics class designed for those suffering from neurological movement disorders.

- Sign-up required
- June 7—August 11
- 11:00—11:45 a.m.
- Tuesdays & Thursdays