

Parkinson's Exercise Recommendations

Exercise and physical activity can help to improve many Parkinson's symptoms, both motor and non-motor! Our wellness classes can help with all of these!



Aerobic Activity:

3 days/week

at least 30 mins per session

Intensity:
moderate/ vigorous

TYPE:

Continuous/ Intermittent

- Brisk walking
- Running
- Cycling
- Swimming
- Aerobics class/Boxing



Strength Training:

2-3 days/ week

At least 30 mins per session

10-15 reps for major muscle groups; resistance, speed or power focus.

TYPE:

- Weight machines
- Resistance bands, Light/Moderate Handheld Weights
- Body Weight.



Stretching:

2-3 days/week

- daily being most effective

TYPE:

- Long Stretching with Deep Breathing
- Dynamic Stretching Before Exercise



Balance & Agility

2-3 days/week

- daily integration if possible

TYPE:

- Multi-directional stepping
- Weight Shifting
- Dynamic Balance
- Large Movements
- Multitasking

Wellness 360 Classes:

- ▶ Cycling, Boxing

Wellness 360 Classes:

- ▶ Boxing, 360 Fitness

Wellness 360 Classes:

- ▶ Yoga, Dance

Wellness 360 Classes:

- ▶ Boxing, Dance, Yoga, 360 Fitness



It is recommended to participate in **150 minutes** of moderate-to-vigorous exercise per week
Modify your progression over time.

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www.wellness360fitness.com

Activity Guidelines by

