BENEFITS OF EXERCISE FOR PARKINSON’S DISEASE

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Early Signs of Disease
- Tremors of shaking
- Loss of smell
- Trouble moving or walking
- Constant dizziness
- Stooping or hunching over

Benefits of Exercise
- Management of symptoms
- Slowing disease progression
- Greater intensity = greater benefit
- Raising HR and heavy breathing

Good Exercises
- Walking, resistance training, flexibility, balance and coordination