

My Movement-Training Plan

Choose activities with the professionals who understand your health and Parkinson's.

AEROBIC

Brisk walking, cycling, swimming, elliptical, or another activity that raises heart rate

STRENGTH

Sit-to-stand, resistance bands, weights, or clinician-selected resistance work

BALANCE + AGILITY Stepping, turning, posture, reactive balance, or PT-guided drills

FLEXIBILITY

Mobility, stretching, or adapted yoga / tai chi

SKILL + CONTROL Dance, tai chi, non-contact boxing, cueing, or task-specific practice

My care-team-approved weekly target: _____

INTENSITY BOUNDARY

The episode discusses 150 minutes per week and moderate- or higher-intensity aerobic training as evidence-informed reference points. They are not universal prescriptions. Start where you are and individualize the target.



EPISODE 2

Movement: Training, Intensity and Control

CENTRAL MESSAGE

Movement training is part of comprehensive Parkinson's care. Aerobic challenge and skill-based practice train different but complementary capacities.

USE THIS SECTION TO

Plan a safe mix of aerobic, strength, balance, flexibility, and skill-based movement; track effort, function, symptoms, and barriers.

CLINICAL BOUNDARY

Exercise supports health and function but does not replace medication or clinical care. Intensity and activity choice must be individualized for fall risk, cardiovascular health, autonomic symptoms, and current ability.

Before you begin

One concern I want to understand: _____

One outcome that matters to me: _____

REMEMBER

Track observations and bring patterns to your care team. Do not use this workbook to diagnose yourself or change treatment on your own.

Start Where I Am

The right plan begins with current ability, safety, and a realistic next step.

EPISODE PRINCIPLE

A complete program combines aerobic exercise with skill-based movement that requires attention, planning, balance, coordination, and adjustment.

Safety topics to review before increasing activity

- | | |
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| ☐ Falls, freezing, balance, or the need for supervision | ☐ Chest pain, shortness of breath, or cardiovascular limits |
| ☐ Dizziness, blood-pressure drops, heat intolerance, or dehydration | ☐ Pain, joint problems, osteoporosis, or recent injury |
| ☐ Medication timing, OFF periods, fatigue, or sudden sleepiness | ☐ Vision, hearing, cognition, or equipment needs |

WHAT I CAN DO NOW

WHAT SUPPORT WOULD HELP

My safest first step:

Welcome

A conversation tool for people living with Parkinson's and their care partners.

WORKBOOK PROMISE

Good observations are more useful than perfect memory. Track what happens, notice timing, and bring the pattern to your care team.

How to use it

- 1 Choose one episode or concern at a time.
- 2 Use the matching worksheet or log for one to two weeks.
- 3 Record timing, symptoms, function, safety concerns, and barriers without judging yourself.
- 4 Bring one clear pattern and one clear question to the appropriate clinician.
- 5 Reassess after a clinician-guided change and record what happened.

SAFETY FIRST

This workbook is educational and does not replace medical care. Do not start, stop, or change medication timing, exercise intensity, diet, fluids, supplements, sleep treatments, speech practice, food textures, or swallowing exercises without guidance from a qualified clinician. Seek urgent help for sudden new neurologic symptoms, chest pain, severe shortness of breath, a serious fall or injury, inability to breathe or speak because of choking, or urgent risk of self-harm.