



PEDALING FOR PARKINSON'S

Research conducted at the Cleveland Clinic has demonstrated that riding an indoor, stationary bicycle at a rapid pace can reduce Parkinson's Disease (PD) motor symptoms by as much as 35%. **Fast pedaling is not a cure but can significantly improve the quality of life of someone living with Parkinson's.**

The Oak Square YMCA is excited to offer Pedaling for Parkinson's (PFP) and support those living with PD in our communities and beyond. This pilot program is available FREE of charge due to generous support from the Catholic Health Foundation, and includes a full access, family membership while in the program.

THE PROGRAM

Classes meet M/W/F 10-11 am. While attending every session will provide the greatest benefit, we ask participants to aim to attend at least two sessions per week. Participants ride on an indoor stationary bicycle at low resistance/high cadence, gradually building up to 60 minutes (including warm up and cool down). HR is monitored throughout the class using a wrist-based heart rate monitor (provided). Classes are taught by Certified Cycle Instructors trained in the Pedaling for Parkinsons program.

PARTICIPANTS MUST MEET THE FOLLOWING CRITERIA TO PARTICIPATE IN THE PROGRAM:

- Have a clinical diagnosis of Parkinson's Disease
- Be willing to take part in monitoring and data collection
- Able to get on and off the stationary bike
- Complete enrollment forms including signed consent
- Obtain clearance from a medical provider (form provided)

WANT TO GET ON OUR LIST? COMPLETE THE INTEREST FORM HERE:



HAVE QUESTIONS?

Please contact Murphy Coville at mcoville@ymcaboston.org or (857) 319-0247

**10-WEEK
SESSION
ENROLLING NOW**

OCT 3 – DEC 16, 2022

*NO CLASS WEEK OF THANKSGIVING

**MONDAY, WEDNESDAY
& FRIDAY | 10AM - 11AM**

OAK SQUARE YMCA
615 WASHINGTON ST.
BRIGHTON, MA 02135

