



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Attleboro Norton YMCA

PEDALING FOR PARKINSON'S

MON & FRI at 11:00 AM | Downtown Branch–Augat Gym
63 North Main Street, Attleboro, MA

Pedaling for Parkinson's is a cycling program that aims to improve the lives of those living with Parkinson's disease and their caregivers.

The Attleboro Norton YMCA offers this program because regular exercise is one of the key components in treating the many symptoms of Parkinson's disease, and it has been proven that 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, but there is compelling evidence to show that it does make a real difference in many who try it.

Pedaling for Parkinson's 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 the prevention and treatment of Parkinson's disease.

Program Requirements

- Be over age 30
- Be diagnosed with Idiopathic Parkinson's Disease or other neurological condition
- Complete and submit consent and medical clearance form
- Agree to periodically monitor progress
- Not have cardiac or pulmonary disease, uncontrolled mellitus, uncontrolled hypertension or stroke, dementia, other medical conditions for which exercise poses a risk.

For More Information

- Contact Nicole Szeliga at nszeliga@attleboroymca.org or (508) 222-7422.



attleboroymca.org/pedaling-for-parkinsons