

THE BENEFITS OF EXERCISE

Exercise is important for people with Parkinson's disease because it helps maintain balance, mobility, strength, endurance and the ability to perform daily routines. More specifically, regular exercise can benefit people with PD in two ways:



Symptom Management

- Reduced stiffness and improved mobility, posture, strength, balance and gait.
- Increased oxygen delivery to the brain which helps maintain the neurotransmitters responsible for keeping the heart, lungs, and nervous system healthy.
- Reduce depression, anxiety and stress and improve sleep.

Slower Disease Progression

- Improved mobility decreases the risk of falls and other complications associated with PD.
- Decreased changes to the brain caused by aging and PD due to the neuroprotective qualities of exercise.
- Increased efficiency in the use of dopamine, the neurotransmitter that helps regulate movement and emotional response.

Parkinson's FIT at Cornerstone

740 Edison-Furlong Road
Furlong, PA 18925
215.794.3700



CORNERSTONE
parkinson's fit

Parkinson's FIT at Cornerstone

is a great value!

Only \$129/6 week program
per person includes:

An initial assessment with
a Parkinson's specialist.

A complimentary appointment
with a Wellness Coach.

Three classes/week for 6 weeks; classes include
a mix of Rock Steady Boxing™ & PWR™
Choose Tues/Thur/Fri at 9:00am (virtual only)
or Tues/Thurs/Fri at 11:00am (in person).
Members are also welcome to attend a cycling
session on Wednesdays at 9:30am

Expert coaching and regular supervision -
our Parkinson's specialists have been
successfully helping people for years.
Specialized personal training also available.

To learn more about Parkinson's FIT,
please visit our website:

[www.cornerstoneclubs.com/
parkinsons-program/](http://www.cornerstoneclubs.com/parkinsons-program/)

or

call Doylestown at 215.794.3700
or email Co-Coordinator

Bart Lorenzo - blorenzo@cornerstoneclubs.com

Bev Reilly - breilly@cornerstoneclubs.com



For those diagnosed with Parkinson's Disease, we now offer a program designed specifically for your needs. Our Parkinson's Fit 6 week program includes:

- **Rock Steady Boxing** is based on the principle of "forced intense" exercise. The idea of "fighting back" in this non-contact, boxing workout, goes farther than the physical benefits anyone can gain from training like a boxer (improved agility, balance, strength, mobility, stamina); RSB sessions are structured into various levels, depending on the results of your initial assessment. No boxing experience required.
- **PWR!** is a Parkinson's specific exercise approach that directly targets four foundational movements to counteract the primary deficits shown by research to interfere with everyday mobility. The session structure can adapt to different needs of the participants and can progress. PWR! Moves is a Parkinson's exercise revolution designed to improve movement at all levels.

CORNERSTONE
parkinson's fit