



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

Supported by a grant from The American Parkinson Disease Association Massachusetts Chapter

**8-WEEK
SESSIONS
ENROLLING NOW**

**OCT 2 – NOV 27, 2023
DEC 4 – FEB 2, 2024
MONDAY, WEDNESDAY
& FRIDAY | 11AM – 12PM**

OAK SQUARE YMCA
615 WASHINGTON ST.
BRIGHTON, MA 02135





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 for Parkinson's, but it can change the life of someone living with the condition. Our YMCA is excited to now be a provider of Pedaling for Parkinson's (PFP) Program and support those living with PD in our communities and beyond. The goal of Pedaling for Parkinson's (PFP) is to reduce PD symptoms and improve quality of life in those diagnosed by following a cycling protocol.

THE PROGRAM

Participants ride a stationary indoor cycle bike, gradually building up RPM and resistance. Class sessions will also include tracking heart rate, exercise frequency and cadence/intensity. The program is held 3 times week for 60 minutes and is taught by certified PFP and Indoor Cycle Instructors.

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

- 30-75 years old
- Have a clinical diagnosis of Parkinson's Disease
- Complete and submit a signed consent
- Obtain clearance from a medical provider
- Be willing to take part in monitoring and data collection
- Wear wrist heart rate monitor (provided by YMCA) to every class

Supported by a grant from The American Parkinson Disease Association Massachusetts Chapter

**8-WEEK
SESSIONS
ENROLLING NOW**

**OCT 2 – NOV 27, 2023
DEC 4 – FEB 2, 2024
MONDAY, WEDNESDAY
& FRIDAY | 11AM – 12PM**

**OAK SQUARE YMCA
615 WASHINGTON ST.
BRIGHTON, MA 02135**

