

**JULY 21**

Why did the bee get married?

He wanted to spend time with his honey!

## PARKINSON'S DISEASE

“  
 “Do not confuse my bad days  
 as a sign of weakness. Those  
 are actually the days I'm  
 fighting my hardest.”  
 ”

**EXERCISE IS MEDICINE**

Click the icon for a kick-butt workout with Coach Betsy:

**HKC Strength Class**



**HKC Parkinson's Fitness Class**



I am SO glad that so many of you were able to attend the Hamil- Kerr gathering yesterday! I hope you found it fun and informative. In addition to our care partners' support groups (and lunch), Michael Gagliano at *Rehab without Walls* led a Tai Chi class and, with Hamil-Kerr's sponsorship, is now offering (at no charge) an hour-long Tai Chi class every Wednesday! See **Community Connections** below for details. Audra and Michael from Rehab Without Walls also delivered a presentation titled, “Maximizing Your ABILITIES - Stand Tall, Walk Mindfully, and Eat with Ease.” I hope to get a soft copy of presentation handout for those of you who were not able to attend.

**“I feared Parkinson's  
 most when I least  
 understood it” -  
 Michael J. Fox**

# Were You Prescribed *THIS*?

## Know the importance of ALL medicinal benefits

When you received your Parkinson's diagnosis, you were probably prescribed medication Levadopa/Carbadopa, but hopefully you were also prescribed Exercise and Nutrition/hydration!

It's imperative that you get 2-3 days of force-intense exercise, meaning:

- Strength
- Cardiovascular endurance
  - Balance, agility
  - Dual-tasking
  - Stretching
- Fine motor skills
  - Vocal drills

There are a variety of ways to incorporate these exercises, including walking, chair biking, and BOXING, of course. Check out the link below for more information and suggestions, and be sure you're 'taking your meds!'

<https://www.bridgesforparkinsons.com/post/the-bridges-for-parkinson-s-exercise-prescription>



BRIDGES  
— FOR —  
PARKINSON'S

# COMMUNITY CONNECTIONS

~Monday, 11am Hamil-Kerr Strength class (zoom)

<https://us02web.zoom.us/j/81028088770>

~Saturday 11am Hamil-Kerr Parkinson's Fitness with RSB Certified Coach, Betsy (zoom)

<https://us02web.zoom.us/j/81028088770>

~Thursday, 3pm Zoom PD Spin, Ragsdale YMCA

<https://us02web.zoom.us/j/81028088770>

~Thursday, 12pm In Person PD Spin, Spears YMCA

~ **In-person Parkinson's Spin Class at YWCA of Highpoint**

Tuesday and Thursday- 12:00-1:00

Contact Betsy Richter, Aquatics and Wellness Director, with questions. 336.882.4126

~**In-person Parkinson's Spin Class at Ragsdale YMCA**

Tuesday and Thursday- 10:15

~**TAI CHI at Rehab Without Walls- 4008 Mendenhall Oaks Pkwy STE 101, High Point**

Wednesdays- 4:00pm

~ [Rock Steady Boxing - Greensboro \(in person\)](#)

~[Rock Steady Boxing of Archdale \(in person\)](#)

~[A.C.T. By Prince Deese](#)

~For information on in-person 1:1 training in your home, contact Alesia Pendleton

[pendleton.alesia@gmail.com](mailto:pendleton.alesia@gmail.com)

~Parkinson's Stretch Class at Rock Steady Boxing, Greensboro (spouses welcome)-

Friday at 11:30am

~Will Powell- 336-706-0271

# ONLINE RESOURCES

~Michael J Fox Foundation: [www.michaeljfox.org](http://www.michaeljfox.org)

~Davis Phinney Foundation: [Live Well with Parkinson's TODAY - Davis Phinney Foundation](http://LiveWellwithParkinsons.com)

~Parkinson's & Movement Disorders Alliance: [www.pmdalliance.org](http://www.pmdalliance.org)

~Parkinson's Association of the Carolinas: [www.parkinsonassociation.org](http://www.parkinsonassociation.org)

And of course, reach out to me anytime.

Yours, Coach B

***Rock Steady Boxing Certified Coach***

***Certified Parkinson's Disease Fitness Specialist***

***ISSA Certified Personal Trainer***

