



infosheet

Parkinson's Disease Heroes

Are you currently living with Parkinson's Disease? Parkinson's can be challenging; affecting you, close friends and family. Slow movement, stiffness of the joints and muscles, tremors, poor posture and balance, difficulty walking and thinking clearly can make simple tasks difficult and increase reliance on others. Parkinson's symptoms are caused by reduced dopamine in the brain; a chemical important in regulating movement.

Solutions' Parkinson's Heroes is designed to make the most of your abilities, using the best available scientific evidence. Our accredited exercise physiologists guide clients through exercises chosen to improve strength, fitness, mobility, balance, cognitive function and posture with clients working at their own pace.

Parkinson's Heroes is more effective than 'general' strength and fitness programs because exercises include cognitive challenges to enhance connections in the brain. Exercising in a small group allows you to meet others facing similar challenges, with plenty of supervision and guidance.

Who is suitable for Parkinson's Heroes?

Clients with Parkinson's or other balance and mobility problems may be suitable. Clients arrange an initial consultation with a Solutions Exercise Physiologist to discuss the program, assess their balance, strength and function and discuss whether the Heroes program



is right for you. Some clients will be better suited to individual sessions; others better suited to one of Solutions fitness programs. Either way, Solutions will provide expert advice and support.

What is involved in the program?

Our program consists of one hour small group sessions each week, for 10 weeks including:

- Mobility and warm up exercises
- Whole body cardio and strengthening exercises
- Exercises for balance, walking, voice and brain function
- Stretching and flexibility
- Exercises to do at home.

Our aim is to give you the knowledge and confidence to continue exercising for long term health and fitness. Classes continue throughout the year for those who'd like to continue attending.

Cost and rebates:

Initial consultation \$95
10 small group sessions \$280

Rebates are available through most health funds.

How do I get started?

If it sounds like you would be suitable for our program, please ring the number below to book in for your initial consultation.

Phone:
02 4232 2222

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On-the-spot health fund rebates and EFTPOS available via TYRO.