



# PWR!MOVES™

## USE IT OR LOSE IT

"Use it or Lose it" has particular significance for people with Parkinson's disease (PD). Research is showing that exercise is especially beneficial for the well-being of people with PD. Not only is high intensity exercise disease modifying (meaning it improves the symptoms of the disease) many believe that exercise may actually slow disease progression – something that medication has not been able to do to date.

In partnership with Muhammad Ali Parkinson Center at Barrow Neurological Institute, Mountainside Fitness, offers PWR!MOVES™ classes to the Parkinson's disease community.

PWR!MOVES™ is a group exercise approach that specifically addresses Parkinson's disease symptoms of slow and small movements. It is a series of targeted movement exercises that are PD specific and delivered in a manner designed to optimize learning and brain plasticity. Participants learn how to use high effort, muscle activation for bigger, better posture, balance, and everyday function

such as walking, turning, rising for a chair, or floor, buttoning, and speaking. The activities are tailored to overcome "real world" personal challenges of the participants. In addition it also teaches bigger movements. Not only do the classes provide physical exercise, they are a social activity that provides an emotional boost.

Becky Farley, PT, MS, PhD, creator of LSTV® BIG and PWR!MOVES™, designed this community exercise class to promote early intervention and continuous access to research-based exercise programs. In November 2010, Becky trained current Muhammad Ali Parkinson Center instructors and staff, as well as staff from Mountainside Fitness, as PWR!MOVES™ group instructors.



Muhammad Ali Parkinson Center  
Movement Disorders Clinic  
at Barrow Neurological Institute®  
A National Parkinson Foundation Center of Excellence

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