

Mind Over Matter



At Fit For Life

A 10-Week Program for Parkinson's & Alzheimer's

This program is designed to improve the physical and cognitive resilience of individuals managing neurodegenerative conditions. Using a science-based approach, we target key challenges with a focus on:

- **Functional Movements & Balance:** Improve strength, flexibility, and mobility for daily activities, while addressing rigidity, shuffling, and balance issues. Incorporate reactive recovery exercises with controlled perturbations to enhance gait and develop the ability to regain balance, reducing fall risk.
- **Cross-Body Movements:** engaging both sides of the brain and body. This promotes coordination, strengthens the connection between the brain's hemispheres, and improves motor control.
- **Cognitive Task Integration:** Combine movement with memory tasks to stimulate neuroplasticity and improve coordination.
- **Neuroplasticity and Complex Movements:** Incorporate rhythm-based activities, boxing, and dance to stimulate multiple brain regions involved in motor control, memory, and coordination.
- **Hormonal Stimulation:** Activities like music-based movement, boxing or high-intensity interval training (HIIT) stimulate the release of dopamine, serotonin, and endorphins. These hormones not only enhance mood but also promote overall physical and mental resilience.

Our mission is to provide fun, structured physical activities that support all ages and abilities, promoting lifelong wellness through movement and advancing well-being through innovative programs and research.

Fit For Life is a 501c3

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