

Pauline: Enjoys a Variety of Fun Exercises

Favorite form of exercise? That's a hard one, as I love my weight trainer, Matt Jarvis, whom I train with on Monday and Thursday, and weight training is probably the most important thing I do to fight back against PD.

I also love the Dance for Parkinson's class taught by Debbie Braganza. I attend on Fridays at Ballet Arizona. She's awesome and I look forward to different moves and music every week and the challenge of remembering a new dance. When boxing returns to the Muhammed Ali Center, I will find a place for it in my schedule, as it gives me a huge lift!

I do a lot of gardening and yard work, and baby my roses and Passion Vine, which requires lots of lifting, bending, kneeling, and squatting.

But over these past two years, my favorite exercise has been fly fishing. I love the challenge to my memory, strength, balance, coordination, and adaptability. I learn something every time I go. Plus, it's something I can do with my husband, a few of our friends, and two of our grandchildren.

Just last weekend, Gene and I went to Lees Ferry at Marble Canyon on the Colorado River. The fish are spawning right now, and don't appreciate being interrupted while they're laying eggs and fertilizing them.

In fact, you can see how annoyed they get, even angry! If we want a picture, we only take them out of the water for a minute before returning them to their work.

- **Pauline Hechler**



Pauline Hechler



Jerry & Libby D'Adamo



Jim Histan

Jim: Exercise the best medicine for Parkinson's

With days filled with computer work, walking briskly (3.5 mph) 30-40 minutes three to five days per week is my most intense exercise, plus 10-15 minutes daily doing stretching and strengthening exercises. Exercise appears to be the best medication for PD with little side effects. Although diagnosed with Parkinson's disease almost 14 years ago, no symptoms related to balance and mobility have occurred. Tremor is my most serious symptom and that is progressing slowly enough that some folks have no idea at first glance that I have Parkinson's disease. Tremor has significantly affected computer use and writing, and has been very distracting during public speaking and singing.

- **Jim Histan**

Jerry: Rock Steady Boxing makes a positive difference

My husband, Jerry, who has Parkinson's goes to Rock Steady Boxing three times a week. This is a franchised business which is found in cities all across the country. Each exercise session lasts 1 1/4 hours and includes several different types of exercises, including 'speed-bag,' floor exercises, dexterity exercises and walking. Each session ends with participants, wearing boxing gloves, hitting the 100-lb. bags. Jerry goes to a Rock Steady Boxing in Gilbert, only about 20 minutes from our home. I'm sure there are others in the valley. It's been a real help for Jerry, physically and emotionally.

- **Libby D'Adamo**

Patti: Movement is Medicine!

Shortly after diagnosis I went into a deep depression and isolated myself. I wasn't doing anything or going anywhere! Soon my PD symptoms worsened! I was stooped over, my left leg was dragging, and I was shuffling walking with a cane for balance. After Four weeks of intense physical therapy, I was able to move better and walk better. I was so excited about being able to move well again that I rode my bike in 6 inch heels fundraising for Parkinson's research. Now I'm not suggesting that you do something this crazy but what I am saying is don't stop moving! Movement is Medicine!

- Patti Meese

Kirk: Bike Riding is a Favorite!

We have an exercise facility at Sun Village in Surprise with equipment for aerobics, strength training, and stretching/flexibility that I use (not as often as I should). We also take walks and ride bikes (our favorite). I bought a special bike that is easy to get on and off.

- Kirk Hall

Helmy and Jean incorporate exercise in their lives

Pre-pandemic Helmy attended most exercise classes at the Muhammad Ali center, except tai chi and seated yoga. He liked boxing the best. When classes went on Zoom, he continued as many as he could fit in—power moves, dance, neurologic music exercise. Currently we try to go to the Parkinson's dance at Ballet Arizona Wednesday and Friday. Helmy is also usually enrolled in PT twice a week.

Being less motivated, Jean just began going to a personal trainer who works mainly with older adults and many with Parkinson's. My trainer spoke at a PMDA event in Gilbert a few weeks ago. I have found the one-on-one hands-on approach to be the way for me to get what I need. If you would like to learn more, you can contact me.

- Jean Mahrous

Members of the West Side Tremble Clefs exercise in a wide variety of ways

Dave Briscoe: Takes a course at Banner Physical Therapy like the Power Moves class taught at Grand by Therese Abair. Dave also walks his dog. He rides a recumbent trike.

Tim Sheehan: Uses a workout program which can be found on YouTube. There are a number of workouts associated with the "Total Body Project," which are sufficient enough to work up a sweat. He works out for 30 minutes 3 to 4 times per week. In addition, Tim hikes and rides a recumbent trike.

Carol and Lee Thompson: Carol walks thirty minutes every morning. She also exercises on her own at home. Lee exercises at a gym. He also participates in the Desert Palms Presbyterian Church exercise program which meets 3 times per week. Sometimes Carol goes with him.

Perry Hellman: Recently started the "Big" part of the "Big and Loud" program at Banner Physical Therapy, Boswell Medical Center. He also walks his dog regularly.

Ruth and Ken Procter: Ruth's exercise program includes an aqua workout three times per week at the Traditions. Ruth and Ken both enjoy golf and hiking.

Kathy Loun: Kathy's exercise program includes boxing in the Rock Steady Boxing program which she has been doing for several years. She enjoys walking, golf, and lawn bowling.

Kathy Ames: Works out in the "Power Moves" class twice per week and an additional Power Moves class on Fridays with exercises on the floor. She exercises in the Cardiac Drum class once per week taught at Sun City Grand. She exercises once a week via Zoom in a stretching class with her cousin in Iowa. She also likes to golf and bike.

Thanks to Kathy Ames for these interviews of members for the newsletter. In our choral groups family members often participate with the person who has PD which proves beneficial to the person with PD and their carepartner. Members written about above have PD, with the exception of Lee Thompson and Ken Procter.



Jean & Helmy Mahrous