



DopaFit Parkinson's Movement Center

DOPAFIT IS DEDICATED TO HELPING PEOPLE WITH PARKINSON'S LIVE AN ACTIVE LIFE

15 COLLEGE HIGHWAY, UNIT C
SOUTHAMPTON, MA

DopaFit Parkinson's Wellness Center is dedicated to helping people with Parkinson's Disease live an active lifestyle. DopaFit has developed their exercise curriculum by taking a symptomatic approach to Parkinson's Disease. DopaFit offers classes for ages and with varying intensity levels. Greater intensity of exercise equals greater benefits and that is why DopaFit's curriculum includes varying



PARTICIPANTS TAKE A SPIN FOR PARKINSON'S CLASS

exercise programs that offer strength training and interval training from Rock Steady Boxing to Spin for Parkinsons. Each program gives participants a different challenge and has proven to give our participants significant improvements in functional balance, mobility, gross motor movements, and gait. Our focused exercises challenge both the left and right sides of the brain allowing there to be enhanced cognitive function while performing the exercise.

High Intensity Interval Training | Yoga | Rock Steady Boxing | Focused Exercises | Spin for Parkinsons | The Art Cart



Our program has shown to provide families with confidence in managing their loved one's Parkinson's disease while helping re-ignite relationships.

High Intensity Exercise: helps strengthen the cardiovascular system and is an efficient way to exercise providing many benefits such as lowering body fat, heart rate, and blood pressure.

Yoga: helps increase flexibility, improves posture, and provides meditation.

Rock Steady Boxing: provides noncontact boxing style workouts.

Focused Exercises: help strengthen attention, cognition, and develop hand-eye coordination.

Spin For Parkinsons: Cycling on stationary bikes is low impact on the knees and challenges individuals to peddle with increased resistance.

The Art Cart: a creativity and movement program that helps participants temporarily alleviate symptoms of PD through art and exercise.



After a high intensity exercise class, Participants rejuvenate with yoga



Participants smile after a gross motor movement workshop held by The Art Cart

FOR MORE INFORMATION

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