

PEDALING FOR PARKINSON'S PROGRAM

The Geauga County Department on Aging and Ohman Family Living are collaborating to offer a Pedaling for Parkinson's class. Our Parkinson's participants will be riding Pelton Bikes indoors at Ohman Family Living at Holly in Newbury Township.

Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life. A number of studies support that rigorous exercise, emphasizing gross motor movement, balance, core strength, rhythm, and hand-eye coordination can favorably impact range of motion, flexibility, posture, gait and daily living activities for those with Parkinson's disease. Recent studies, most notably at the Cleveland Clinic, focus on the concept of intense forced exercise therapy suggesting that certain types of exercise are neuro-productive and that boxing and biking are two types of exercise that may actually slow disease progression. To get started and for FREE upcoming class information, contact the Geauga County Department on Aging at 440-279-2137.