

May 18, 2025

***“Why did the computer keep sneezing?
Because it had a ‘virus’”***

PARKINSON'S DISEASE

“
Do not confuse my bad days
as a sign of weakness. Those
are actually the days I'm
fighting my hardest.”
”

EXERCISE IS MEDICINE

Click the icon for a kick-butt workout
with Coach Betsy:

HKC Strength Class



HKC Parkinson's Fitness Class



[4 Reasons Your Parkinson's Symptoms May Be Worse After Exercise](#)

In this article, you will see the four reasons why your Parkinson's symptoms may be getting worse after exercise, and how you can adapt your Parkinson's exercise program to minimize the side effects so you (and your brain) can reap the benefits.

However, think about the benefits to exercise and your Parkinson's symptoms.

Long-Term Benefits of Exercise:

- **Improved Motor Control:**

Exercise can help improve movement patterns and reduce symptoms like tremor and rigidity over time.

- **Slower Progression:**

Studies suggest that regular physical activity may slow down the progression of Parkinson's, particularly in areas like balance and gait.

- **Reduced Fall Risk:**

Exercise can improve balance and strength, reducing the risk of falls.

- **Mood and Cognitive Function:**

Exercise can improve mood and cognitive function, which are often affected in people with Parkinson's.

From last week's newsletter

[The Best Parkinson's Exercises for Speech and Swallowing Issues](#) – check out this video and other videos from Kimberly Berg on YouTube.

Parkinson's disease can affect voice and swallowing, leading to communication issues, reduced social engagement, isolation, and potential choking. It's important to exercise the mouth, tongue, and throat.

PD may impact speech in several ways:

- * **Dysarthria:** Motor speech disorder causing soft, breathy, or hoarse voice.
- * **Hypophonia:** Abnormally weak voice due to muscle weakening.
- * **Tachyphemia:** Excessively fast and mumbled speech.
- * **Tone:** Voice may become monotone.
- * **Slowed Speech:** Difficulty finding words.
- * **Facial Masking:** Reduced facial movement can hinder communication.

Consistent practice is key to managing speech difficulties, but motivation can be challenging. This week's video includes word games to make practice more engaging.

SPEAK WITH INTENTIONALITY! Project, but don't yell.

PAT / PET / PIT / POT / PUT – put your lips together on the “p” and “bite” on the “t” practice several times.

PATS / PETS / PITS/ POTS/ PUTS put your lips together on the “p” and “bite” on the “t” practice several times.

DILLY DALLY 5x / NEEDLE NOODLE 5x / TOY BOAT 5x – works tongue and roof of mouth
Words to exercise your Throat and tongue

QUIRT
QUIRK
QUART

CORK
CROCK
CRACK

Watch Kimberly's [video](#) to learn / practice “soft” and “hard” swallow

COMMUNITY CONNECTIONS

~Monday, 11am Hamil-Kerr Strength class (zoom)

<https://us02web.zoom.us/j/81028088770>

~Saturday 11am Hamil-Kerr Parkinson's Fitness (zoom) Coach Betsy

<https://us02web.zoom.us/j/81028088770>

~Thursday, 3pm Zoom PD Spin, Ragsdale YMCA

<https://us02web.zoom.us/j/81028088770>

~Thursday, 12pm In Person PD Spin, Spears YMCA

~ In-person Parkinson's Spin Class at YWCA of Highpoint

Tuesday and Thursday- 12:00-1:00

~In-person Parkinson's Spin Class at Ragsdale YMCA

Tuesday and Thursday- 10:15

In-Person Tai Chi with Michele

Michele's 1pm Tai Chi class takes place on the first and third Wednesday of every month at Michele's beautiful new studio - ProActive Therapy and Wellness, - 6579 Lake Brandt Rd, Summerfield

~Rock Steady Boxing - Greensboro (in person)

~Rock Steady Boxing of Archdale (in person)

~A.C.T. By Prince Deese

~For information on in-person 1:1 training in your home, contact Alesia Pendleton

pendleton.alesia@gmail.com

~Parkinson's Stretch Class at Rock Steady Boxing, Greensboro (spouses welcome)-
Friday at 11:30am

~Will Powell- 336-706-0271

ONLINE RESOURCES

~Michael J Fox Foundation: www.michaeljfox.org

~Davis Phinney Foundation: [Live Well with Parkinson's TODAY - Davis Phinney Foundation](#)

~Parkinson's & Movement Disorders Alliance: www.pmdalliance.org

~Parkinson's Association of the Carolinas: www.parkinsonassociation.org

~Michael J Fox Foundation: www.michaeljfox.org

~Davis Phinney Foundation: [Live Well with Parkinson's TODAY - Davis Phinney Foundation](#)

~Parkinson's & Movement Disorders Alliance: www.pmdalliance.org

~Parkinson's Association: www.parkinsonassociation.org

And of course, reach out to me anytime.

Yours, Coach B

Rock Steady Boxing Certified Coach
Certified Parkinson's Disease Fitness Specialist
ISSA Certified Personal Trainer

