

June 15, 2025

**Why did the golfer wear two pair of pants?
In case, they got a “hole in one.”**

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



Hamil Kerr Parkinson's Fitness Class 0 Saturday, June 14, 2025

GTKY question – one word that describes what you get out of these Saturday classes.

Micro warmup – 7 minutes, get blood flowing, self-check

LET'S GET MOVING!!!!

2-MINUTE JOG IN PLACE (GET THOSE KNEES UP)

Boxing – 8, 2 minute sessions (hydrate, hydrate, hydrate)

- 1) jab/cross
- 2) jab/cross/hook
- 3) jab/cross/ hook/cross
- 4) jab/cross/hook/cross/upper cut
- 5) cross/hook/cross
- 6) hook/cross/hook
- 7) 8, 20 seconds on/10 seconds off – Jab / Cross (tabata drill)
- 8) 2 minute knockout – jabs / crosses / hooks / upper cuts / slip / bob and weave /MOVE!!!

Strength training – 1 minute each

- 1) bicep curl / high knees
- 2) squat / overhead press (knee extension if in the chair)
- 3) reverse lunge (or tab back) lateral raise
- 4) hammer curl / heel tap
- 5) tricep kick backs / heel raise
- 6) “T” arms / “Y” arms / “I” arms/ two steps to the side between each combination

Core work – 1 minute each (in chair)

- 1) hold one weight over head / high knees
- 2) hold one weight at chest and rotate
- 3) Hands behind head (like a hammerhead shark) – bend side-to-side
- 3) Flutter kick
- 4) Lift and lower legs (only a few inches off the ground)
- 5) “C” crunch – bring both knees into chest / extend legs out a few inches off the ground

2-MINUTE JOG IN PLACE (GET THOSE KNEES UP)

Well-deserved cooldown.

From last week's newsletter

[The Uncommon Parkinson's Symptoms Nobody Talks About](#) – (Parkinson's disease.net)

Parkinson's disease (PD) is a neurological disorder that affects a person's ability to move. Most people associate PD with movement or motor symptoms like tremors, shaking, muscle stiffness, and poor balance. However, there is a lot more to PD than its most recognizable symptoms.

Our 4th Annual Parkinson's Disease In America survey included a question that asked people to share the lesser-known symptoms they have experienced with their condition.

There were a number of different symptoms and insights noted by survey respondents, ranging from fatigue and pain to dry mouth and apathy.

Fatigue is disruptive

Pain can be all-consuming

Sleep issues are a problem

Incontinence is embarrassing

Swallowing problems are frustrating

Apathy impacts quality of life

COMMUNITY CONNECTIONS

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

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

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

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

~Thursday, 3pm Zoom PD Spin, Ragsdale YMCA with Coach Betsy

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

~Thursday, 12pm In Person PD Spin, Spears YMCA with Cassy Sampson

~ 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 Walker

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) – Hilary Savage, RSB Program Director

~Rock Steady Boxing of Archdale (in person) – Fred Farlow, Affiliate Owner

~A.C.T. By Prince Deese

~**Will Powell**- 336-706-0271 – 1:1 and small group training

~For information on in-person 1:1 training in your home or on zoom with Coach Betsy, contact Alesia Pendleton pendleton.alesia@gmail.com

AND

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

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: www.parkinsonassociation.org

~Parkinson's Disease [Mayo Clinic](#)

~Parkinson's Disease [Cleveland Clinic](#)

And of course, reach out to me any time.

Yours, Coach B

Rock Steady Boxing Certified Coach

Certified Parkinson's Disease Fitness Specialist

ISSA Certified Personal Trainer

