



PARKINSON'S & PWR! MOVES



“USE IT OR LOSE IT!”

The Parkinson's Exercise & Wellness Center recently added a new exercise program to the schedule that differs from its well known boxing approach. PWR!Moves® is a Parkinson's Disease-specific skill training program that maintains or restores deterioration and interference with everyday movements through sports and fitness to improve strength, agility, balance, coordination, and flexibility. This class encourages problem-solving, fast processing and sequencing in order to challenge the participant using various exercise stations.

PWR!Moves offers a flexible and functional exercise approach that targets multiple symptoms and allows for adaptation for disease severity.



PWR!MOVES SKILLS

- PWR! Up - Posture & Alignment
Goal: To counteract rigidity, reduce falls and step bigger
- PWR! Rock - Weight Shifting
Goal: Improve turns and rolls as well as widen the base of support
- PWR! Twist - Trunk Rotation
Goal: Rhythmic repetition helps reduce rigidity and improve transitional movement
- PWR! Step - Transitions
Goal: Improve balance and movement from one location to another

MISSION STATEMENT

The Parkinson's Exercise and Wellness Center provides Parkinson's patients and others suffering from neurologically-based "movement disorder diseases" exercises for a stronger body, education and resources for a stronger mind, and camaraderie and support for a stronger spirit.