



Exercise to Fight Parkinson's Disease

March 25, 2014 by Carly Pizzani 2 Comments

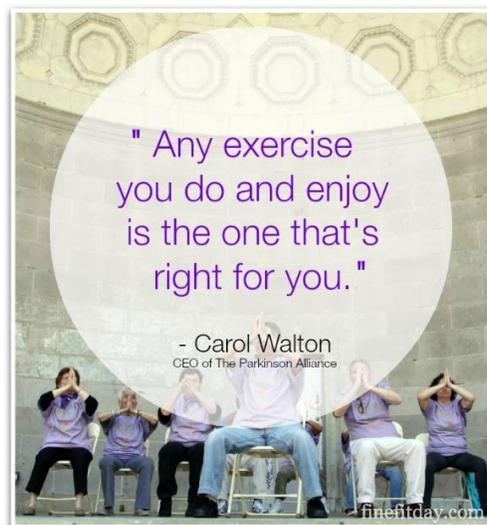
There's a lot we don't know about Parkinson's Disease. The causes of Parkinson's Disease are still unknown. Currently, scientists believe that while genetic susceptibility accounts for a small percentage of sufferers, **environmental factors** like trauma, toxins and illness are also a major factor in causing the disease. The biggest risk factor for being diagnosed with the disease is age, with the majority of sufferers being diagnosed after age 60. However, patients as young as 18 years old have also been diagnosed.

Since the exact causes of Parkinson's Disease are not known, there is no cure. However, treatment for Parkinson's can greatly improve sufferers' quality of life and delay symptoms of the disease.

Guess what is one of the best current treatments for Parkinson's Disease?

Exercise.

Recently, I had the honor of interviewing **Carol Walton**, the CEO of The Parkinson Alliance. We spoke at length about the effects of Parkinson's, especially the mental and emotional effects of the symptoms of the disease. Carol also talked to me about just **how important exercise can be as a way of delaying Parkinson's Disease and improving patients' lives.**



You're probably aware of some of the effects of Parkinson's, since it is an increasingly prevalent disease. One of the most well-known people to suffer from Parkinson's Disease is Michael J. Fox, who has done an enormous amount for raising research funding and awareness for the disease. **Physical effects include tremors, slowness of movement, impaired balance and coordination, and rigidity in the limbs.**

One of the most challenging symptoms for Parkinson's Disease sufferers, however, is one you *can't* see: **Depression and Anxiety.** If you or a loved one has suffered from depression or anxiety, you know they are HORRIBLE conditions. They affect not only the sufferer, but those around them as well. It's well documented that exercise can help treat depression, especially in mild to moderate cases. That holds true for people with Parkinson's Disease, as well.



Saturday, April 26, 2014 - Rain or Shine

Location: 72nd Street Bandshell, Central Park, NYC

Walk begins at 10 am, with booths open until 2pm.

Join in a gentle 1.4 mile walk in Central Park, visiting informational booths along the way, or visit the booths and view the events without walking.

Join The Parkinson Alliance for their annual Unity Walk on April 26, held in Central Park, NYC. As well as benefitting from exercise, people with the disease and their loved ones will be able to speak with and visit with many vendors, sponsors, and information booths at the event – from neurologists and movement disorder specialists, to nutritionists and physical therapists. As Carol explained to me, **education** and **community spirit** are just as important as the money raised for the foundation through this event. She noted that while many people with Parkinson's Disease dislike crowds and tend to freeze when in a crowded, public setting, she has *never* seen this happen at a Unity Walk. The spirit of support and community is too strong.

100% of the donations raised for the Unity Walk go to research.



You can **sign up for the walk at unitywalk.org** (or make a donation if you're unable to attend).

Do you know someone with Parkinson's Disease?

Have you used exercise as a treatment for a medical condition?

Is there anything exercise can't do??