



THRIVE

PEDALING FOR PARKINSON'S



Pedaling for Parkinson's is a program with a mission to reduce Parkinson's symptoms. Research from Cleveland Clinic reports a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace – optimally, 80-90 revolutions per minute. Fast pedaling is not a cure of Parkinson's disease and should not be touted as such, but there is compelling evidence to show that it does make a real difference for many who try it.

PROGRAM REQUIREMENTS

Age 30-75

Have a diagnosis of Idiopathic Parkinson's Disease

Complete & submit a signed consent form and medical clearance

Agree to periodically monitor progress

May not have cardiac or pulmonary disease, uncontrolled diabetes mellitus, uncontrolled hypertension or stroke, dementia, or other medical conditions that are contraindicative to exercise.



ROSCOE BRANCH

9901 Main St
Roscoe, IL 61073

FREE TO QUALIFYING PARTICIPANTS

MONDAY

WEDNESDAY

FRIDAY

11:15 AM – 12:00 PM



ERIN SCOTT

contact erin at escott@statelineymca.org