



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pedaling for Parkinson's

Pedaling a bicycle can change the life of someone with Parkinson's disease. Fast pedaling is not a cure of Parkinson's disease, but there is compelling evidence to show it makes a real difference for many who try it.

Program Requirements

- Be age 30-75 years and diagnosed with Idiopathic PD
- Complete and submit a signed consent form and medical clearance
- May ***not*** have cardiac or pulmonary disease, uncontrolled diabetes mellitus, uncontrolled hypertension or stroke, dementia, other medical conditions that are contraindicative to exercise
- Interview with YMCA Wellness Director and agree to periodically monitor progress

Program Details

Meets every Monday, Wednesday, and Friday at 9-10 am
January 9- March 30

Contact

Cindy Mascari at 425 357 3024
cmascari@ymca-snoco.org

Additional Information

Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at the rapid pace - optimally, 80-90 revolutions per minute. We also know that fast-paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and eventually surgery to slow the progression of their disease.



YMCA OF SNOHOMISH COUNTY

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The Y is for everyone.
Financial assistance is available.