

## PEDALING FOR PARKINSON'S REGISTRATION FORM

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**Participant must complete the following:**

- I would like to receive more information about Pedaling for Parkinson's
- I am ready to reserve a spot in the Pedaling for Parkinson's program

Age: \_\_\_\_\_

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

.....  
**Provider completes the following:**

- I recommend this individual to participate in the Pedaling for Parkinson's program

Provider's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Clinic Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

.....  
Please return this completed form to the Campanelli YMCA Front Desk or fax form to 847.891.8901.



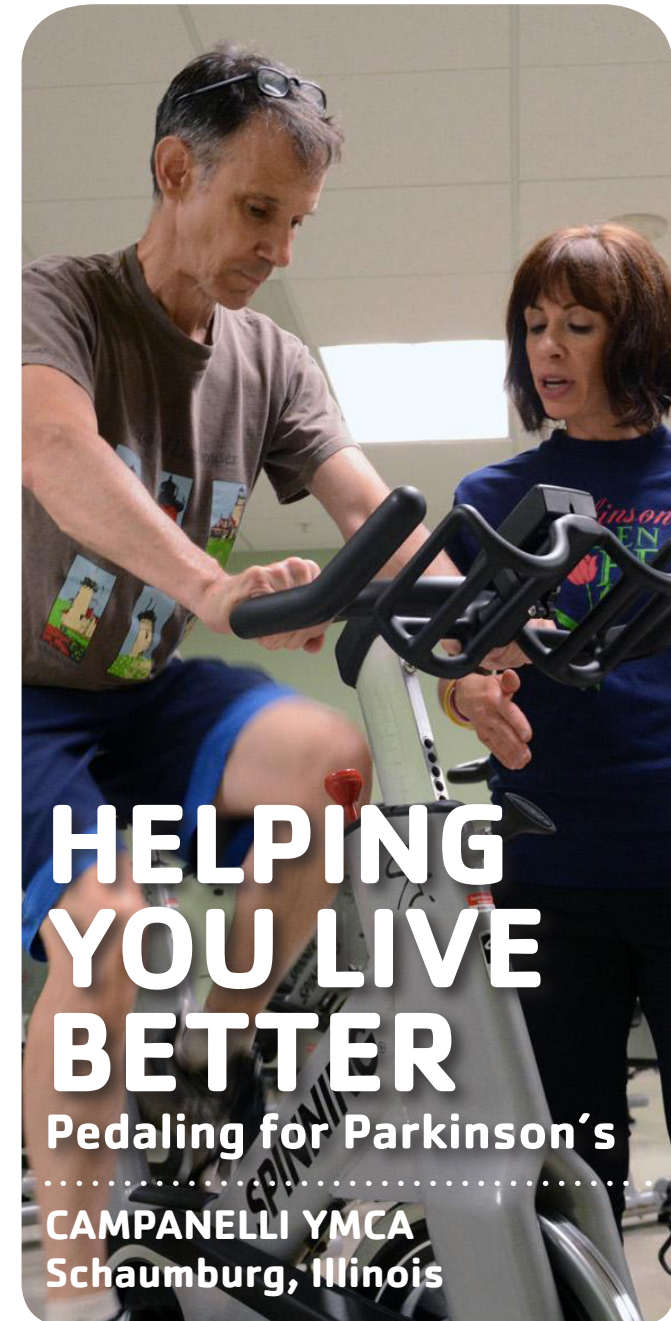
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**For more information or questions  
about the program:**

Lisa Ayeski, Healthy Living Coordinator  
847.891.9622 x 109 | [lisaa@gcfymca.org](mailto:lisaa@gcfymca.org)

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**Campanelli YMCA**  
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Schaumburg, IL 60193  
847.891.9622  
[www.campanelliyymca.org](http://www.campanelliyymca.org)



FOR YOUTH DEVELOPMENT®  
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FOR SOCIAL RESPONSIBILITY



**HELPING  
YOU LIVE  
BETTER**  
Pedaling for Parkinson's

.....  
**CAMPANELLI YMCA**  
Schaumburg, Illinois



*“The Y classes offer both the structure and support to help me keep moving and therefore managing my Parkinson’s. I’m grateful to have the Y as a valuable resource as I work toward maintaining optimal health while managing a chronic condition.”*

*- Doris, Parkinson’s Patient & Participant of Pedaling for Parkinson’s*



## PEDALING FOR PARKINSON’S

Pedaling a bicycle may change the life of someone with Parkinson’s disease. Research conducted at the Cleveland Clinic showed 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, but there is compelling evidence to show that it does make a real difference to many who try it.

## PEDALING AT THE Y

- **Spring Session:** April 15 - June 2, 2018  
PLEASE NOTE: NO CLASS ON May 29 & 31
  - **Fee:** \$45 PER SESSION
  - **Class will be on Tuesdays & Thursdays from 3:30pm-4:30pm**
- 
- Held in studio room with individual stationary bikes
  - YMCA Members & SilverSneakers Welcome
  - Community Engagement

## PROGRAM INFORMATION

### Who can participate?

*Participants must:*

- Be age 30-75 years
- Be diagnosed with Idiopathic PD
- Complete and submit a signed consent form and medical clearance
- Agree to periodically monitor progress

### Who cannot participate?

*Patients with the following medical conditions:*

- Cardiac or pulmonary disease
- Uncontrolled diabetes mellitus
- Uncontrolled hypertension or stroke
- Dementia
- Other medical conditions that are contraindicative to exercise



## WHAT IS PARKINSON’S?

Parkinson’s disease is caused by a breakdown in the nerve cells in the brain. The affected nerve cells do not produce enough dopamine, which affects the person’s ability to move the way they want to. Tremors, stiff muscles, slow movement, and trouble with balance or walking are all symptoms of Parkinson’s disease.

In time, Parkinson’s affects muscles throughout the body, leading to difficulty swallowing, digestion, facial movements, and sometimes dementia.



**For more information or questions about the program, please contact:**

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