

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.



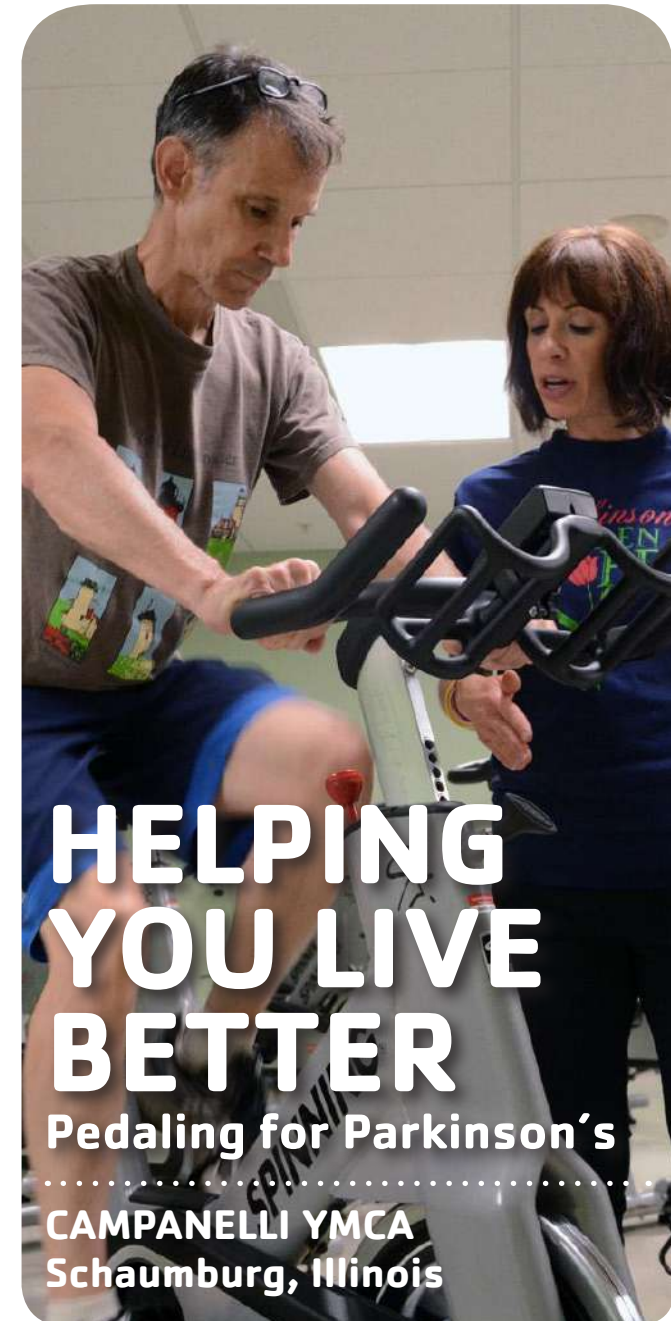
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**For more information or questions
about the program:**

Lisa Ayeski, Healthy Living Coordinator
847.891.9622 x 109 | lisaa@gcfymca.org

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Schaumburg, IL 60193
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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“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

- Held in studio room with individual stationary bikes
- YMCA Members & Silver Sneakers Welcome
- Community Engagement

For program dates and pricing, please contact the YMCA at 847.891.9622.

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.



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