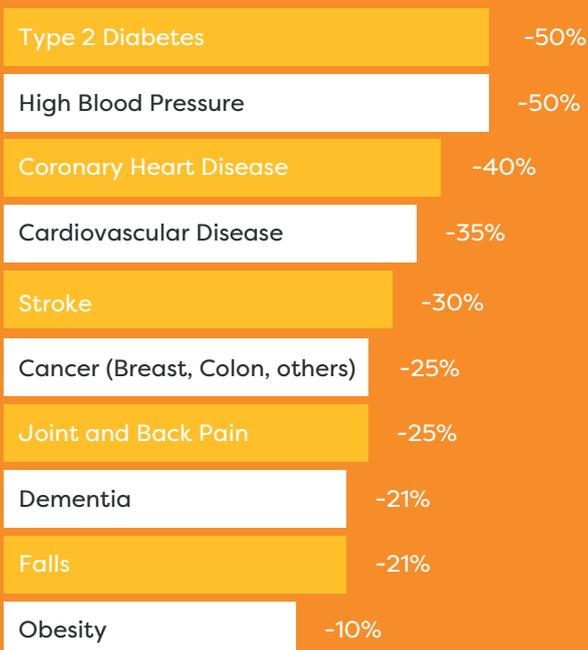


# Being active is important when you are living with later stage Parkinson's

## What good things could being more active do for you?



Reduce your risk by being more active. Keeping physically active reduces your chance of:



How can being active improve my quality of life?



Better fitness and stronger muscles



More energy and you feel less tired

Everyday tasks performed more easily

Improved mood, sleep and confidence.

## Follow these Top Tips to keep you active:

- 1** A daily dose of exercise is as important as your daily medication
- 2** Physical activity is the one thing you can do to help yourself
- 3** Choose activities that you enjoy
- 4** Try your best, Focus on what you 'can' do
- 5** Build up activity gradually and start gently. Once you have started, push yourself further for greater benefit.
- 6** Manage your medication around your physical activity. Learn the best time of day for your medication. Consider being active midway through your 'on' cycle. If you need help with this, speak to your health care professional.
- 7** Keep moving: Doing a mix of activities that challenge you, better supports improvement in day-to-day activities. Moving to music or a beat can help.
- 8** Keep your brain active while you are physically active to get the most out of it – concentrate on how you are doing it ie. your posture, symmetrical movement
- 9** Consider finding an “exercise buddy” – physical activity is often more enjoyable with others – social interaction helps with motivation and support.
- 10** Keep it going – you may need to adapt what you do if you have symptoms or medication changes – speak to your Health Care Professional if you need help with this

## Build activity into everyday life:

