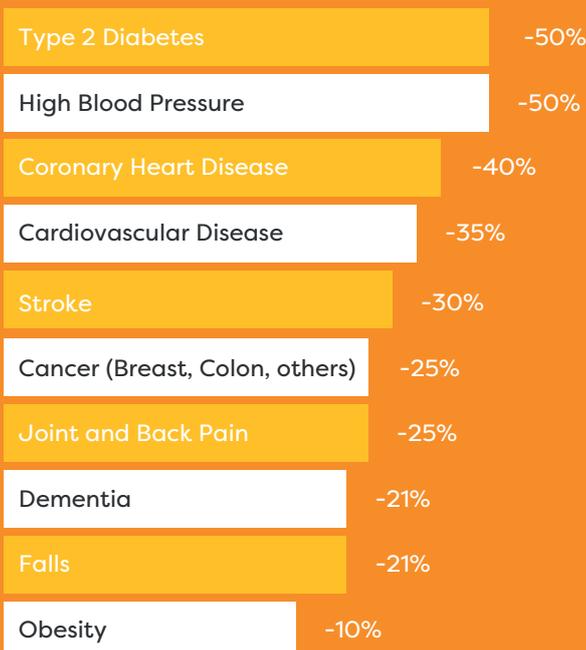


Being active is important when you are living with Parkinson's

What good things could being more active do for you?

-  Keeps the brain and mind working well
-  Improves walking and movement
-  Improves mood and confidence
-  Improves strength
-  Improves sleep
-  Improves balance and reduces falls
-  Improves quality of life
-  May delay progression
-  Improves heart and lung fitness
-  Can reduce gait freezing
-  Can reduce muscle fatigue

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 Physical activity is the one thing you can do to help yourself - Take Control.
- 2 Choose activities that you enjoy
- 3 Build up activity gradually and start gently. Once you have started, or if you are regularly active already, push yourself further as greater benefits come with higher intensity exercise.
- 4 Consider finding an "exercise buddy" - physical activity is often more enjoyable with others - social interaction helps with motivation and support.
- 5 Being more active and doing a mix of activities that challenge you can improve your ability to do day-to-day activities
- 6 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
- 7 Try moving to music or a beat. Many people with Parkinson's find this beneficial.
- 8 Manage your medication around your physical activity. It may be best to be active midway through your 'on' cycle but you will learn when the best time is. If you need help with this, let your health professional know.
- 9 Activity can be enjoyable in groups. Look out for local activity groups .There are Parkinson's tailored programmes that you could explore if you want specific guidance.
- 10 Keep it going whether at home, on your own, inside or outside or with others it all helps. Adapt activities to suit you.
- 11 Set yourself a goal and don't forget to celebrate your successes.

Build activity into everyday life:

