

Parkinson's Cycling Program Medical Clearance

Name of participant: _____
Facility Name: Upper Bucks YMCA
Coach: Sue Donham
Facility phone number: 215 536-YMCA (9622)

Dear Dr. _____,
Your patient, _____, wishes to participate in the Parkinson's Indoor Cycling Program offered at the Y.

Cycling has been shown to provide some symptomatic relief for people diagnosed with Parkinson's disease, along with increasing overall cardiovascular fitness. These classes also provide a caring, social setting with others diagnosed with this disease.

Your patient will be monitored closely by a trained Parkinson's Cycling Coach. Over the next three months (or longer) your patient will be coached to ride an indoor cycling bike at 80-90 RPM for up to an hour.

During these classes, the heart rate will be challenged at working intervals up to and including their individual aerobic threshold (60-80% heart rate max) which we will determine by a graded exercise aerobic threshold field test.

Please complete this form and add any medical concerns you might have for your patient.

My patient, _____, may participate in the Parkinson's Cycling program.

My patient, _____, is taking the following medications that might affect his/her heart rate. Please indicate the manner of the effect (raises, lowers)

Other recommendations or concerns: _____

_____ I hereby give my physician to release any pertinent information and I understand that it will remain confidential.

Participant Signature: _____ **Date:** _____

Physician's Signature: _____ **Date:** _____

Please contact us for questions/concerns. Thank you.



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HELPING THE MIND & BODY



PARKINSON'S CYCLING PROGRAM



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To put Christian principles, including honesty, caring, respect and responsibility, into practice through programs that build healthy spirit, mind and body for all.

The Parkinson's Cycling Program encourages riders to ride to success.

Approximately 7 to 10 million people all over the world live with Parkinson's disease. Parkinson's disease is a chronic, progressive neurological disorder where part of the brain gradually becomes more damaged as the years go by. The main symptoms of the disease are movement related.

Cycling on stationary bikes may provide symptomatic relief for people with Parkinson's disease, especially if they cycle using what's described as Forced Exercise, i.e. pedaling at a rate faster than their voluntary cadence. This was the finding of a study at a scientific meeting in the US in 2012. Researchers found cycling, especially at rates above what patients would choose for themselves, appeared to make regions of the brain that deal with movement connect to each other more effectively.

This class is not intended to replace medication. It is to be used in connection with medication management.

Parkinson's Cycling Program utilizes an adjustable stationary exercise bicycle with a weighted flywheel commonly known as a spinning bike. Bikes are equipped with a cadence/RPM monitor, used by participants to ensure they are working at the proper intensity. Classes are group format and run for 12 weeks.

12 weeks to success!

How to get started? It's as easy as 1,2,3...

1. Stop by our Welcome Center to find out if you are eligible for a FREE or reduced membership through your insurance company. This class is FREE with your full membership.
2. Have your physician complete the medical clearance and return it to the Welcome Center.
3. Sue will contact you for your initial consultation where participants will be pre-screened to determine their current level of fitness. She will review the class in more detail and answer any questions.

Enjoy the benefits!

- Energy levels increase due to being more active and physically fit.
- Support of a group class enhances the experience, resulting in a more routine exercise behavior that becomes part of daily life.
- Opportunity to build the muscles of the lower leg: stronger legs help to make activities of daily living easier.

MEET YOUR COACH, SUE

As a personal trainer and fitness instructor, my mission is empowering people so they can achieve their best self through exercise and positive lifestyle choices. In all my classes, I believe providing encouragement, motivation, education and FUN is the best way to help others feel both mentally and physically better. I hope that those I work with will learn to view exercise not as something to dread but something to enjoy and look forward to.

Sue has 13 years of experience in the health and fitness industry. She has a BA in Psychology from Moravan College.

Numerous Certificates: • Personal Training Certificate - ACE
• Senior Fitness Specialist Certification - ACE • Senior Personal Trainer - SFA • Parkinson's Cycling Coach Certification
• SilverSneakers Classic/Circuit Instructor • Red Cross CPR/AED/First Aid Certification

