

# EXERCISE AND PARKINSON'S DISEASE



Exercise is a very important part of healthy living for everyone, but for people with Parkinson's disease (PD), exercise can be better than medicine. Just 2.5 hours of exercise every week can improve quality of life. Physical activity can improve symptoms like balance and movement issues, depression, constipation and even help you think. Exercise might also play a protective role in the brain, which can slow down the degeneration of brain cells. Exercise is a crucial part of PD management.

## BENEFITS OF EXERCISE

Exercise will improve these areas:

- movement and motor symptoms
- quality of life
- how your walk (your gait) and balance
- flexibility and posture
- coordination
- memory and decision making
- attention and concentration
- quality of sleep

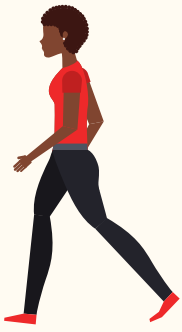


Exercise will also reduce the following:

- falls
- freezing of gait
- depression and anxiety



## TYPES OF EXERCISE



The type of exercise you do depends on your symptoms and challenges. If you never do any exercise, even standing up and walking around the house is beneficial. More active people can go on a walk, ride a bike or dance. Exercise can include aerobic activity, like running or walking, strengthening exercises, using something heavy like a bottle of water, and stretching.

## EXAMPLES OF EXERCISE

- Moving your legs and arms while seated at home
- Standing up and sitting down from a chair
- Stretching your arms and legs
- Running or walking
- Riding a bicycle
- Dancing or doing yoga
- Using heavy weights to strengthen muscles
- Boxing (without hitting anyone)



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

OR

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



Created by Natasha Fothergill-Misbah



# MAZOEZI NA UGONJWA WA PARKINSON



Mazoezi ni jambo muhimu sana la kuimarisha afya katika maisha ya kila mtu, lakini kwa watu wanaougua ugonjwa wa parkinson (PD), mazoezi yanaweza kuwa bora kuliko dawa. Masaa mawili na nusu tu ya mazoezi kila wiki yanaweza kuboresha maisha. Mazoezi yanaweza kupunguza dalili kama matatizo ya kuongesha mwili, huzuni, kuvimbiwa na yanaweza pia kukusaidia kufikiria. Zaidi ya hiyo, mazoezi yanaweza saidia kuzuia hali ya mgonjwa isizorote kwa kasi. Mazoezi ni muhimu katika matibabu ya ugonjwa wa parkinson.

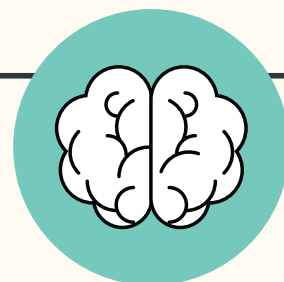
## FAIDA ZA MAZOEZI

Mazoezi yataboresha:

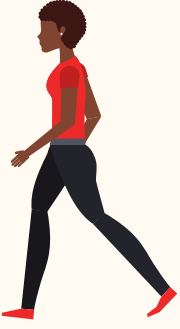
- uwezo wa kusongesha sehemu za mwili
- hali ya maisha
- jinsi unavyotembea
- unyumbuliko na mkao
- uratibu
- kumbukumbu na uwezo wa kufanya maamuzi
- umakinifu
- ubora wa usingizi

Mazoezi pia yatapunguza:

- idadi ya mara ambazo unaanguka
- kuganda kwa misuli
- huzuni na wasiwasi



# AINA ZA MAZOEZI



Aina za mazoezi unayofanya hutegemea dalili na changamoto zako. Ikiwa huwa hufanyi mazoezi yoyote, basi mazoezi kama kusimama na kutembea nyumbani yatakusaidia. Watu ambao kwa kawaida tayari wanasimama na kutembea wanaweza kutembea zaidi, kuendesha baiskeli ama kudensi. Mazoezi pia yanaweza kuwa mazoezi ya aerobics kama kukimbia au kutembea, mazoezi ya kuongeza nguvu kutumia kitu kizito kama chupa ya maji, na mazoezi ya kujinyoosha.

## MIFANO YA MAZOEZI

- Songesha miguu na mikono yako ukiwa umeketi nyumbani
- Kusimama na kuketi mara nyingi
- Kunyoosha mikono na miguu
- Kutembea au kukimbia
- Kuendesha baiskeli
- Densi
- Kutumi vitu vizito kuongeza nguvu kwenye misuli
- Kucheza mchezo wa ndondi (bila kupiga mtu)



Jiunge na kikundi cha msaada wa karibu ili ujifunze zaidi na kukutana na watu wengine na ugonjwa wa parkinson:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

Kwa habari zaidi angalia:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

AMA

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