



**Parkinson's Connection
of Central New Mexico**

Online Exercise Options for Parkinson's

Safety First

1. Always be mindful of your limitations.
2. If you question your ability to safely perform an exercise, choose another that you're familiar with or similar to your usual activities.
3. If you feel dizzy or lightheaded, stop exercising immediately.
4. When changing position, such as moving from sitting to standing or getting up from floor, move slowly and pause once you're standing to be sure you're not lightheaded.
5. To get up from the floor, use safe technique with a sturdy chair for support if needed.
6. If you are unable to get up from floor safely by yourself or with a chair, stay with seated or standing exercises. Several listed programs provide modifications.
7. Use a tall chair or kitchen counter for support while doing activities that require shifting, twisting, balancing or stepping.

If you choose to try one of the listed programs, you are doing so at your own risk and unsupervised. The Parkinson's Connection of Central NM cannot be held liable for injury or accident occurring while participating in any of these home exercise programs.

Daily Dose PD

Includes PWR (Parkinson Wellness Recovery), Yoga, Tai Chi, Boxing, Chair Exercise, Cognition. Suitable for a range of abilities with suggested modifications. 30 day free trial. Current special offer: Half price for 3 months (\$14.50/month) after free trial. Use Promo Code: MOVE.

Dance for PD

With dancers as teachers and music to inspire your creativity, the classes cover stretching, strengthening, balancing and rhythmic movement. Suitable for a range of abilities. Online classes plus streaming classes via Zoom. Free

Parkinson Voice Project

Daily exercise sessions with a speech-language pathologist. Plus more recordings on Facebook. Free.

PD On the Move

Choose the difficulty, type of exercise (strength, stretch, coordination etc.), and position (sitting, standing, lying down) to make your own program. Free

Power for Parkinson's Youtube

A variety of activities and exercises suitable for a range of abilities; many are recordings of group classes. Free

Rock Steady YouTube

The Rox series is intended for people who are familiar with RSB and want to stay active until classes resume. Select another option if you haven't exercised recently or are not familiar with RSB. Free.