

2019 Exercise Challenge!

Join us for a **FUN** fitness challenge that will help you move better and feel better in 2019. Whether you exercise regularly or are just getting started, this challenge will help you explore your exercise options, meet new people and develop goals to stay healthy and independent.

WHEN: March 1—31, 2019

WHERE: Any APDA sponsored exercise class

WHO: Anyone with Parkinson's and/or their care partner

NAME: _____

PHONE: _____

EMAIL: _____

To participate, all you need to do is complete one or more of the following six challenges during the month of March. For every challenge you complete, you will be entered to win a fabulous gift basket (limit seven entries per person). The more challenges you complete, the more times your name will be entered in the drawing! Mail or bring this completed form to the APDA Resource Center by April 15, 2019 to be entered in the drawing.

CHALLENGE 1 - Attend 3 APDA exercise classes in the same week

Class 1 _____

Class 2 _____

Class 3 _____

CHALLENGE 2 - Attend an APDA exercise class that you've never been to before.

Class name _____

CHALLENGE 3 - Participate in an APDA exercise class at home via live streaming or archived on our YouTube channel (available at www.apdaparkinson.org/greaterstlouis).

Class name _____

CHALLENGE 4 - Return to an APDA exercise class that you have been absent from for at least six months.

Class name _____

CHALLENGE 5 - Bring a friend who has PD to join you at an exercise class that he/she has never attended.

Class name _____

Name of friend _____

CHALLENGE 6 - Visit the APDA Resource Center and ask Tricia Creel, PT to design one customized exercise just for you.

Exercise _____

BONUS - Complete all 6 challenges and you will have your name entered in the drawing an extra time!

Strength in optimism. Hope in progress.

American Parkinson Disease Association Greater St. Louis Chapter

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