

EXERCISE IS KEY

By Anne Scherer

We are told from the moment we are diagnosed with Parkinson's disease that exercise, as a part of our regimen, is vital. An expert on that very concept is Dr. Daniel Corcos, PhD. He is dedicated to the study of exercise as a treatment for Parkinson's disease at Northwestern Medicine, and luckily for us, will be one of the keynote speakers at the **Iowa Parkinson's Disease Conference** on June 6.

Dr. Corcos explains that he studied how healthy people move their limbs to discern the difference in muscle performance of people who have Parkinson's disease. This became the basis of his continuing studies of movement and exercise. With compelling evidence, it is an imperative to relate the importance of exercise as a main line therapy for the disease.



While all manner of treatment plays an important role in managing Parkinson's, to fight the good fight we must exercise the muscles of the body that allows us to keep moving and doing it safely.

Dr. Corcos will outline four key components of exercise: aerobic, resistance, flexibility, and neuromotor (posture, gait, balance, and agility.) These four components, when done properly and often, may delay the disease progression.

Dr. Corcos left me with these words which should become our mantra: *"You must do more to maximize a better life experience living with Parkinson's."*