



# PEDALING FOR PARKINSON'S

Research conducted at the Cleveland Clinic has demonstrated that riding an indoor, stationary bicycle at a rapid pace can reduce Parkinson's Disease (PD) motor symptoms by as much as 35%. **Fast pedaling is not a cure, but can significantly improve the quality of life of someone living with Parkinson's.**

The Mystic Valley YMCA is excited to offer Pedaling for Parkinson's (PFP) and support those living with PD in our communities and beyond. This program is available **FREE** of charge, regardless of membership.

## THE PROGRAM

Classes meet on Tu/Th/F. While attending every session will provide the greatest benefit, we ask participants to aim to attend at least two sessions per week. Participants ride on an indoor stationary bicycle at low resistance/high cadence, gradually building up to 60 minutes (including warm up and cool down). Classes are taught by Certified Pedaling for Parkinson's Instructors.

## PARTICIPANTS MUST MEET THE FOLLOWING CRITERIA TO PARTICIPATE IN THE PROGRAM:

- Have a clinical diagnosis of Parkinson's Disease
- Be willing to take part in monitoring and data collection
- Able to get on and off the stationary bike
- Complete enrollment forms including signed consent
- Obtain clearance from a medical provider (form provided)

## HAVE QUESTIONS? WANT TO GET ON OUR LIST?

Please contact Diego Nascimento at [dnascimento@mv-ymca.org](mailto:dnascimento@mv-ymca.org) or (781) 851-4441

## ENROLLING NOW

Tues. 3:30pm  
Thurs. 3:30pm  
Sun. 12:00pm

**NO MEMBERSHIP REQUIRED**

MYSTIC VALLEY YMCA  
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MYSTIC VALLEY YMCA  
Serving Malden, Medford and Everett

[www.mv-ymca.org](http://www.mv-ymca.org)