



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REDUCE YOUR SYMPTOMS BE IN COMMUNITY

## Pedaling for Parkinson’s

### LIVE BETTER

Pedaling a bicycle may change the life of someone with Parkinson’s disease. Research conducted at the Cleveland Clinic showed up to a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally, 80-90 revolutions per minute.

Fast pedaling is not a cure of Parkinson’s disease and should not be touted as such, but there is compelling evidence to show that it does make a real difference for many who try it. We do know that fast paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and eventually surgery to slow the progression of their disease.



### PROGRAM REQUIREMENTS

- Be age 30-75 years
- Be diagnosed with Idiopathic PD
- Complete and submit a signed consent form and medical clearance
- Agree to periodically monitor progress
- May **not** have cardiac or pulmonary disease, uncontrolled diabetes mellitus, uncontrolled hypertension or stroke, dementia, other medical conditions that are contraindicative to exercises
- FREE for YMCA Members. Medical Clearance required (form available at the Y or online)

<b>BELLINGHAM</b>	<b>LYNDEN</b>
Mon/Wed/Fri	Mon/Wed/Fri
10:00-11:00am 12:00-1:00pm	11:30am-12:30pm

**FOR MORE INFORMATION & TO REGISTER:** Email [tdiehl@whatcomymca.org](mailto:tdiehl@whatcomymca.org) or call Tracy Diehl at 360-255-0445.