

PD Exercise Newsletter

Greater Charleston Parkinson's Disease Support Group

Volume 2, Issue 5

July 2019

Rock Steady Boxing Coming to Summerville!!

Cody Cooper, owner of Gritbox Fitness in West Ashley, will soon be opening a new gym in Summerville, and Rock Steady Boxing will be one of the programs offered. Join us at the Summerville Parkinson's Disease Support Group meeting for more information (see page 4 for meeting details).

New this month

- *Rock Steady Boxing*
Coming to Summerville
- *Move for Parkinson's*
schedule change
- *Mindfulness Yoga & PD—*
New Research

NOTE: Move for Parkinson's Schedule Change

Please note that Angie Cirnigliaro's Move for Parkinson's class at the Low Country Senior Center has moved from Fridays at 2 p.m. to Wednesdays at 2:30 p.m.. The class at the Waring Senior Center continues to be held on Mondays at 2:30. See the flyer at the end of this Newsletter for more information.

Editorial Policy

Our goals are:

- 1) To make known to the Greater Charleston Parkinson's Disease community the exercise programs available which are conducted either specifically for us (and our care partners) or by individuals with experience in helping PD patients;
- 2) To provide links and stories related to exercise for PWP, including recent medical research;
- 3) To encourage all PD patients, regardless of disease severity, to improve their quality of life through exercise.

This publication is not "advertising" and accepts no payments from those providers cited here. The contents are presented as a public service.

If you are a provider and would like to be recognized, please contact Jay Phillips at jayphillips@homesc.com. For reasons of time and space, we will not publicize generalized exercise (e.g., seniors) classes.

All spelling, grammar, and punctuation errors, typos, misquotes, inaccuracies, misrepresentations and any other boo boos of any kind are entirely my fault and corrections will be made in future editions, if notified. Jay

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WEEKLY GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balance & Stretch Mount Pleasant Senior Center 9—9:50 am	Gentle Yoga Bees Landing Recreation Center 9 am	Balance & Stretch Mount Pleasant Senior Center 9—9:50 am	Gentle Yoga Bees Landing Recreation Center 9 am	Balance & Stretch Mount Pleasant Senior Center 9—9:50 am
	Chair Yoga Mount Pleasant Senior Center 10—10:50 am		Chair Yoga Mount Pleasant Senior Center 10—10:50 am	
	Rock Steady Boxing All levels MUSC Wellness Center 10—11 am			Rock Steady Boxing All levels MUSC Wellness Center 10—11 am
Rock Steady Boxing Crossfit Discovery Daniel Island 10:30—11:45 am	Zumba® Chair Mount Pleasant Senior Center 11—11:50 am	Rock Steady Boxing Crossfit Discovery Daniel Island 10:30—11:45 am	Zumba® Chair Mount Pleasant Senior Center 11—11:50	Rock Steady Boxing Crossfit Discovery Daniel Island 10:30—11:45 am
	Zumba Gold Bees Landing Recreation Center 11 am—Noon		Zumba Gold Bees Landing Recreation Center 11 am—Noon	
Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon	Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am— Noon		Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon	Rock Steady Boxing Level 1,2 Grit Box Fitness 11 am—Noon
	Rock Steady Boxing All levels MUSC Wellness Center 11 - 12:15 pm			Rock Steady Boxing All levels MUSC Wellness Center 11 - 12:15 pm
Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	Gold Chair Mount Pleasant Senior Center 1—1:50 pm	Rock Steady Boxing Level 3,4 Grit Box Fitness 12:15 –1 pm	
Gentle Yoga Mount Pleasant Senior Center 1—1:50 pm	Sit & Fit Bees Landing Recreation Center 12:45—1:45 pm	Gentle Yoga Mount Pleasant Senior Center 1—1:50 pm	Sit & Fit Bees Landing Recreation Center 12:45—1:45 pm	
Rock Steady Boxing All levels MUSC Wellness Center 5—6:15 pm		Rock Steady Boxing All levels MUSC Wellness Center 5—6:15 pm		

Classes specifically for PD patients and/or care partners are highlighted!



WEEKLY GROUP EXERCISE SCHEDULE—Low Country & Waring Senior Centers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Tai Chi <i>Lowcountry Senior Center James Island</i> 9—9:45 am	
Tai Chi <i>Waring Senior Center West Ashley</i> 10—10:45 am			Chair Yoga <i>Lowcountry Senior Center James Island</i> 10—10:50 am	
			Living Well with an Ongoing Health Condition <i>Waring Senior Center West Ashley</i> 10 am—Noon (starts 6/12; must join by 6/19)	
			Gentle Yoga <i>Waring Senior Center West Ashley</i> 10—11:15 am	
Sit & Fit <i>Lowcountry Senior Center James Island</i> 11 am—Noon	Sit & Fit <i>Lowcountry Senior Center James Island</i> 11 am—Noon	Sit & Fit <i>Lowcountry Senior Center James Island</i> 11 am—Noon	Sit & Fit <i>Lowcountry Senior Center James Island</i> 11 am—Noon	Sit & Fit <i>Lowcountry Senior Center James Island</i> 11 am—Noon
	Gentle Yoga <i>Waring Senior Center West Ashley</i> 11:15 am—12:30 pm	Chair Yoga <i>Waring Senior Center West Ashley</i> 12:30—1:30 pm	Stretch & Flex <i>Lowcountry Senior Center James Island</i> 11 am—Noon	
	Zumba® Gold <i>Lowcountry Senior Center James Island</i> 12:10—12:50 pm	Matter of Balance <i>Waring Senior Center West Ashley</i> 1-3 pm (starts 6/12; must join by 6/19)	Zumba® Gold <i>Lowcountry Senior Center James Island</i> 12:10—12:50 pm	
	Sit & Fit <i>Waring Senior Center West Ashley</i> 12:45—1:45 pm		Sit & Fit <i>Waring Senior Center West Ashley</i> 12:45—1:45 pm	Sit & Fit <i>Waring Senior Center West Ashley</i> 12:45—1:45 pm
Move for Parkinson's <i>Waring Senior Center West Ashley</i> 2:30 —3:30 pm	Chair Yoga <i>Lowcountry Senior Center James Island</i> 2:15—3:15 pm	Move for Parkinson's <i>Lowcountry Senior Center James Island</i> 2:30—3:30 pm		

Classes specifically for PD patients and/or care partners are highlighted!



Provider Contact Information

Angie Cirnigliaro / FEELanthrop.com (Move for Parkinson's) angie@feelanthropi.com or 843-276-9858
website: <https://feelanthropi.com/>

Bees Landing Recreation Center 843-402-4571
website: <https://www.charleston-sc.gov/Facilities/Facility/Details/5>

Crossfit Discovery (Rock Steady Boxing) danielisland@rsbaffiliate.com or 843-813-6343
website: <http://danielisland.rsbaffiliate.com/>

Grit Box Fitness (Rock Steady Boxing) gritboxfitness@gmail.com or 843-789-0385
website: <http://www.gritboxfitness.com/fightingback/>

Lowcountry Senior Center James Island 843-990-5555
website: www.lowcountryseniorcenter.org

Mount Pleasant Senior Services Center 843-856-2166
website: www.MtPleasantRec.com/SeniorCenter

MUSC Wellness Center (Rock Steady Boxing) musc@rsbaffiliate.com or Alicia at 843-792-1494

Waring Senior Center West Ashley 843-402-1990
website: www.waringseniorcenter.com

Rock Steady in Summerville

Sunday, August 4 at 2:30 p.m. is the next meeting of the **Summerville Parkinson's Disease Support Group** at The Blake at 4015 2nd Avenue in Carnes Crossroads, near the intersection of North Main Street (Hwy 17A) and State Road (Rte 176). **This month, we'll be visited by Cody Cooper from Gritbox Fitness, to fill us in on his plans to bring Rock Steady Boxing to Summerville! Don't miss it!!** If you need directions, here is a link to The Blake's website: <https://www.blakeliving.com/carnescrossroads/>

New Study: Yoga and Parkinson's Disease

Kwok JYY, Kwan JCY, Auyeung M, et al. **Effects of Mindfulness Yoga vs Stretching and Resistance Training Exercises on Anxiety and Depression for People With Parkinson Disease: A Randomized Clinical Trial.** *JAMA Neurol.* Published online April 08, 2019;76(7):755–763. doi:10.1001/jamaneurol.2019.0534

A new clinical trial conducted in Hong Kong compared mindfulness yoga (traditional Hatha yoga plus controlled breathing and meditation) to stretching and resistance training exercise (SRTE) in 138 Parkinson's patients with mild to moderate PD. Subjects were randomized 1:1 to either 90 minutes of group yoga or 60 minutes of group SRTE once weekly for eight weeks.

Per the abstract, "Among patients with mild-to-moderate PD, the mindfulness yoga program was found to be as effective as SRTE in improving motor dysfunction and mobility, with the additional benefits of a reduction in anxiety and depressive symptoms and an increase in spiritual well-being and HRQOL. [health-related quality of life]."

Dr. Sarah Mulukutla, who reviewed the study for the Michael J. Fox Foundation, comments that the yoga intervention "significantly impacted anxiety and depression", while improving motor symptoms more than the exercise regimen. The changes were observed at just six weeks of participation and the benefits were retained twelve weeks after completing the classes. She also notes that an earlier study (2013) identified positive changes in the brains of PD patients who participated in mindfulness Yoga.

To the best of my knowledge, there are no Yoga instructors currently offering PD-specific classes in our area. If you are interested in such a program (as either student or instructor!) please let me know and we will try to get something going.

Dr. Mulukutla points out the importance of seeking out yoga instructors who are experienced in modifying yoga postures to meet the special needs of Parkinson's patients, including addressing the common symptom of dizziness or light-headedness when getting up from the floor.

The abstract and article may be found at <https://jamanetwork.com/journals/jamaneurology/article-abstract/2729691>, and the review of the study by the Michael J. Fox Foundation is at <https://www.michaeljfox.org/news/new-study-yoga-lessons-parkinsons-anxiety-and-depression>.

LSVT ® Certified Clinicians have attended a two-day LSVT Training and Certification Workshop and have passed requirements of the LSVT workshop. For more information on the Lee Silverman movement and speech therapy programs designed exclusively for Parkinson's Disease patients, please visit the LSVT website at www.lsvtglobal.com

LSVT-LOUD Certified Providers

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