

How to Create a Personalized Parkinson’s Exercise Routine

- Many exercise programs benefit people who have Parkinson disease (PD). While no single program is better in all respects, a variety of individual exercises and community exercise programs are effective, depending on the health of the individual.
- **Create an exercise routine that best matches your needs, abilities, and preferences.** You can join an exercise group or create your own routine blending the four major types of exercise.

Exercise Types	Ideal “dose”	Examples
Aerobic exercise	150 minutes per week	Walking, cycling, jogging, rowing
Strength training	2-3 non-consecutive days each week	Body weight, free weights, weight machines
Balance training	2-3 days each week (with daily integration if possible)	Standing on one leg, walking or standing on uneven surfaces, agility, multi-tasking
Flexibility exercise	Daily integration as warmup and cool down is ideal, or at least 2-3 days per week	Trunk twists, leg stretches, stretching arms overhead

- Finding time to complete all of the types of exercise may seem overwhelming.
- **Work with your physical therapist to help you create a personalized exercise program** that combines the types and intensity of exercise that will meet your needs, preferences, available time, and resources. Examples of programs that blend exercise types include:

Exercise	Description
Cardio weights	Using lighter weights but doing more repetitions so your heart rate increases while you are weight training
Circuit training	Exercise session alternates between strength, balance, and aerobic activities
Agility training	Combining dynamic balance exercises with aerobic exercise
Strong balance	Doing dynamic balance activities while using hand weights or a weighted vest
Flexible balance	Some balance classes include aspects of flexibility, including some Yoga or Pilates groups
Cognitive dual-tasking	Performing 2 or more tasks at once like walking and talking, or performing a balance activity while counting backwards, or complex sequences of movement

Blended Exercise Program Figure

Start your exercise routine with flexibility as a warm-up. Then consider including the three major types of exercise (aerobic, strength, balance), which are depicted in primary colors (red, blue, yellow, respectively).

Blended exercise programs (secondary colors) combine different types of exercise to help you be more efficient with your personalized exercise routine. You can add cognitive dual tasking activities for additional benefits.

