

## PARKINSON'S CYCLE AT THE Y REGISTRATION FORM

### Participant completes the following:

Age \_\_\_\_\_

Participant Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

How did you find out about PC at the Y?  
\_\_\_\_\_

Location you will attend:

- Spears YMCA – Greensboro
- Ragsdale YMCA – Jamestown
- Both

### Provider completes the following:

- I recommend this individual to participate in the Parkinson's Cycle at the Y program

Provider's Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Clinic Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

### Please fax the completed form to:

Spears YMCA 336 387 9620 Attn Beth McKinney  
Ragsdale YMCA 336 882 7935 Attn Marlee Rindal

## PROGRAM GOALS

The goals of the Parkinson's Cycle program are to:

- Improve the quality of life of Parkinson's disease patients and their caregivers;
- Educate patients, caregivers, and the general public about the benefits of maintaining an active lifestyle after a Parkinson's diagnosis;
- Support research dedicated to prevention and treatment of Parkinson's disease

## PROGRAM INFORMATION

### Who can participate?

Participants must be 30-75 years old  
Be diagnosed with Idiopathic PD  
Complete and submit a signed consent form and medical clearance  
Interview with the YMCA Wellness Director  
Agree to periodically monitor progress

### Who CANNOT participate?

Parkinson's patients with the following medical conditions:  
Cardiac or pulmonary disease  
Uncontrolled diabetes mellitus  
Uncontrolled hypertension or stroke  
Dementia  
Other medical conditions that are contraindicative to exercise

### What do I bring/wear to class?

Water bottle  
Tennis shoes  
Heart rate monitor (optional)

## PARKINSON'S CYCLE AT THE Y

The Parkinson's Cycle program is available at the Spears Family YMCA and the Ragsdale Family YMCA. You will need to register at least 48 hours prior to starting with us.

Classes are held in the Cycle Studio on individual stationary bikes.

### When are classes?

This is an on-going program. Classes at the Spears YMCA are held on Monday and Thursday mornings at 10:45. Classes at the Ragsdale YMCA are held on Wednesday and Friday at 9:00. Plan to arrive 15 minutes early to your first class to get set up.

### What is the cost?

This is a **free** program for participants, both members and non-members. We welcome donations to our Annual Giving Campaign to help us provide Y experiences for all.

### Ready to sign up?

A healthcare provider referral is required to enroll (may be a doctor, registered nurse, or any licensed healthcare provider.) After you have completed your portion of the registration form, have your provider complete their portion and then either fax it to the Spears Family YMCA (336 387 9620), or the Ragsdale YMCA (336 882 7935) or return it to the branch where you will participate. Y staff will then contact you to discuss participation and enrollment.

## WHAT IS PARKINSON'S

Parkinson's disease is caused by a breakdown in the nerve cells in the brain. The affected nerve cells do not produce enough dopamine, which affects the person's ability to move the way they want to. Tremors, stiff muscles, slow movement, and trouble with balance or walking are all symptoms of Parkinson's disease.

In time, Parkinson's affects muscles throughout the body, leading to difficulty swallowing, digestion, facial movements, and sometimes dementia.

## PARKINSON'S CYCLE

Pedaling an indoor cycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed 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 for Parkinson's disease and should not be touted as such, but compelling evidence shows 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.

## QUESTIONS?

### Contacts:

#### ALEX W SPEARS III FAMILY YMCA

Beth McKinney – Wellness Director

P 336 387 9631

E [beth.mckinney@ymcagreensboro.org](mailto:beth.mckinney@ymcagreensboro.org)

3216 Horse Pen Creek Road

Greensboro, NC 27410

[www.spearsymca.org](http://www.spearsymca.org)

#### MARY PERRY RAGSDALE FAMILY YMCA

Marlee Rindal – Wellness Director

P 336 882 9622

E [marlee.rindal@ymcagreensboro.org](mailto:marlee.rindal@ymcagreensboro.org)

900 Bonner Dr

Jamestown, NC 27282

[www.ragsdaleymca.org](http://www.ragsdaleymca.org)

Our Mission: The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that builds a healthy spirit, mind, and body for all.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## EMPOWERMENT MOBILITY STRENGTH

Parkinson's Cycle at the Y  
Spears Family YMCA  
Ragsdale Family YMCA

