

MANAGE YOUR SYMPTOMS AND HAVE SOME FUN!

What are the best exercises for Parkinson's?

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You may have heard people talk about boxing, dance, or PWR! Moves as “the best” exercise for Parkinson's. And while they all have great benefits, the truth is, there is no one-size-fits-all answer. The best exercise is the one you enjoy, the one that works for your body, and most importantly, the one you can do consistently. Whether that is walking in the park, doing yoga in your living room, or joining a group class, all movement matters. If you are moving your body in a way that feels good and safe, then you are already doing it right.

Sometimes even the word “exercise” can feel overwhelming. It might bring up memories of gym class or intense workouts that do not feel doable right now. Instead, try thinking of it as “movement.” Moving your body does not have to mean lifting heavy weights or running a marathon. It can be as simple as marching in place, stretching in a chair, or taking your dog for a slow walk. The key is to find something you enjoy, because when you enjoy it, you are more likely to stick with it.

How Do You Like to Move?

Some people love the energy of a group class, Boxing, dancing, or Parkinson-specific programs like PWR!



Moves can be motivating and fun, plus they give you a chance to socialize and connect with others. Others might prefer exercising alone, or from the comfort of home. Online videos, yoga apps, or even movement breaks during your favorite show are great ways to get moving without leaving the house. Still unsure? Try a few different options and see what feels best. There is no right or wrong way, just the way that works for you. There are 4 main categories of exercise, strength training, cardio (aerobic exercise), balance and flexibility. Incorporating all these categories into your routine ensures a well-rounded exercise plan that addresses the benefits we want to take advantage of. To get you thinking of some ideas, here is a breakdown of the categories of exercise:



Cardio (Aerobic Exercise)

Aerobic exercises increase your heart rate and breathing rate. This includes things like walking, cycling, dancing, or swimming. These exercises can help with daily activities like walking more smoothly and increasing stride length.



Strength Training

Strength training exercises challenge the strength of your muscles such as lifting weights, using resistance bands or even body weight exercises like sit-to-stands. This makes everyday tasks like getting up from a chair or carrying groceries feel easier and safer.



Balance Exercises

Balance exercises help you stay sturdy and in control of your body. Practicing standing on one foot, yoga, or trying tai chi can help prevent falls and improve stability.



Flexibility & Stretching

Yoga, gentle stretching, or Pilates helps reduce stiffness and improve range of motion. A few minutes in the morning or before bed can make a big difference.

How Can You Modify Movements to Make Them Work for You?

Modifying exercises does not mean doing less, it means doing what works best for your body. For example, if balance is tricky, you can do strength or cardio exercises from a seated position. Instead of standing lunges, try marching while sitting. If getting on the floor feels unsafe, do stretches using a chair or lying on a firm couch. You can even use soup cans as light weights or a towel as a resistance band. It is all about making movement fit you, not the other way around.



It is easy to compare yourself to what you used to do, or what others are doing. But the truth is, Parkinson's looks different for everyone. Some days your body will feel stronger, and other days it might not. That is normal. What matters most is showing up, whether that is for five minutes of stretching or a full workout. Every little bit helps. The goal is not to be perfect. It is to be consistent.

Movement becomes easier when it becomes part of your daily routine. Try adding it to something you already do, like stretching while waiting for the kettle to boil, or

going for a walk after lunch. With practice and a little creativity, movement can become not only an amazing way to manage symptoms but have fun too.

Final Thoughts

At the end of the day, the "best" exercise for Parkinson's is the one that feels right for you. It is the one you enjoy, the one that fits your routine, and the one that keeps you moving. Whether it is dancing, walking, stretching, or boxing, every step, stretch, and squat counts. And remember, you are not alone in this. There are people and programs ready to support you every step of the way. There is no perfect time to start, and there will always be a reason not to. So, start where you are, keep moving forward and enjoy the process along the way.

