

Fitting News

Music is Poetry with Personality



"What a Difference a Day Makes"

Diana Ross

"Electricity"

Billy Elliot, the Musical

"April Showers"

Al Jolson

Trainer Sessions

On March 25, the Beyond the Training Norm course was offered again to a select group of personal fitness trainers who wanted to expand their knowledge base. The workshop focused on exercise techniques for clients with movement disorders such as Parkinson's disease.

The trainers had experience ranging from two months to 30 years. One trainer noted how she appreciated the clarity of the information and how much my partner and I love what we do! Another trainer said the practical applications, videos and hands-on experience were her favorite parts of the workshop.

[Click here for more information about upcoming trainer workshops.](#)

Issue #30

April 2017

Parkinson's Awareness Month

Parkinson's Disease (PD) is the second most common neurodegenerative disease (behind Alzheimer's disease) afflicting over 1.6 million people in the U.S.

There is no cure for Parkinson's disease (PD); the cause is still unknown. Currently, there are nearly two million people in the U.S. diagnosed with PD and that number is expected to grow by 60,000 new cases in the next two years.

When 50% of the brain's neurotransmitters, called dopamine, are lost, clinical features and symptoms begin to appear. Some include tremors, Bradykinesia (slow movements) and rigidity. Other changes that can occur are loss of cognition, changes in gait and posture, altered walking because of freezing, sleep disturbances and other reflexes such as swallowing.

It is reasonable to say that exercise benefits have the potential to help both motor (balance, gait, strength/endurance) and non-motor (depression, apathy, fatigue, constipation) aspects of PD, as well as secondary complications of immobility (cardiovascular and osteoporosis). In a recent study conducted by Beth Fisher et.al, researchers at USC found that exercise may influence the brain. On a day-to-day basis, **people with PD who exercised were able to move around more normally than those who did not!**

On a personal note, the first time I learned about PD was when my dear uncle was diagnosed. That was over 35 years ago. After becoming a fitness trainer, I knew what I had to do. I developed a [customized plan of exercise that specifically addressed Parkinson's symptoms](#). Not only do my team and I work with clients with this dreaded disease, but now I teach other trainers the same methods.

A colleague and I created a workshop for other like-minded trainers called [Beyond the Training Norm](#), which we presented last month. This unique class instructs others how to help seniors, including those with Parkinson's disease, through fitness.

[Click here to read the remainder of this blog.](#)



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