



Since 2006

## Fitting News

ISSUE #42

APRIL 2018

There is a practical side to Parkinson’s disease (PD). “See yourself as a survivor not a victim: The difference is more than semantic. It is a way of being.” - Trisha Mell, Author, “I am the Central Park Jogger”



### Living with Parkinson’s Disease

In honor of Parkinson’s Disease Awareness Month, I wanted to share some thoughts and solutions to stave off the disease that ranks as the second most common neurodegenerative disease after Alzheimer’s.

My uncle had Parkinson’s disease (PD) and died accidentally from complications. As time passed, I came to recognize the manifestations such as tremors, stunted gait, Bradykinesia (slow movement), rigidity and soft voice. Prior to my uncle’s illness, these conditions were misunderstood by me and most likely by others who had no previous experience of people with the disease. Since his passing, I have devoted much of my time to working with people living with PD and helping educate those who would benefit most.

While doing my research, I coincidentally came across a similar project conducted in the UK, about how everyday life is affected by persons with PD. Their findings were a mirror image of the questions my clients responded to when interviewed. My client Bob uses a superb analogy from a “Star Trek” episode to illustrate how your attitude can feed on negative emotions if you allow them to.

[Click here to read Bob’s personal story about Parkinson’s disease.](#)

#### IF YOU HAVE PARKINSON’S

Don’t allow the disease to define of who you are. Let it become a part of who you are, nothing more. Let others in your life know that you are living with the disease and educate them if they ask about Parkinson’s. AND exercise, exercise, and then exercise some more. [Read More](#)

#### For Your Inspiration

##### *Music is Poetry with Personalities*

“Bottom’s Gonna Be on Top” from the Broadway show “Something’s Rotten!”

“Fool on the Hill” by Sergio Mendes and Brazil ‘66

“Lovin’ You” by Minnie Riperton

#### What’s NEW

##### WORTH READING

“How to Sleep” by James Hamblin

“You Need to Deal with Your Digital Legacy Right Now” by Leigh Anderson

“The Peak Time of Day for Everything You Do” by Jennifer Gueringer

##### HANDY DANDY TIP

You don’t need antibacterial soaps filled with harmful chemicals to get your hands clean: Research shows sudsing with plain soap eliminates germs as effectively.



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*Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*