



## **Move! A circuit class to improve walking and balance**

### **Why do we need this class?**

We know that exercise is important for improving health and wellbeing, but if you have Parkinson's disease or another neurological condition, exercise can also help to maintain or even improve your function. A lot of people with Parkinson's disease have difficulties with walking and balance, which can lead to falls. A specifically targeted exercise programme can improve both walking and balance and so reduce your risk of falls.

When it starts getting difficult to move, people often stop moving, which only compounds the problem as inactivity leads to a number of complications like osteoporosis or heart problems. The good news is that you can break this cycle and when you improve your ability to move, you also decrease your risk for complications.

### **Move! Has been designed to:**

1. Maintain or improve your walking
2. Maintain or improve your balance
3. Improve your level of fitness
4. Increase your level of activity
5. Be fun!

### **How will the class work?**

The class will consist of approximately 12 stations with one activity or exercise to improve walking, balance or fitness. You will spend three minutes at every station and move around all the stations in a circuit. You will get a little bit of time to move to the next station and read the instructions on the wall or talk to the physio running the class if you need help. The class will run for one hour in total. Each station will have instructions on how to modify the activity/exercise to make it harder or easier, depending on the level you need.

### **Who will be there?**

One physiotherapist will supervise the circuit class, which will have between 8-12 people in the class. From time to time, physiotherapy students may be present to assist. We are happy if you have a family member or friend to help you during the class and they will be given direction from the physiotherapist how this best to assist you.

### **When does it start?**

We run Move! in blocks of six classes throughout the year. The classes are run on Wednesday from 11am – 12pm. There is usually a one week break between the blocks.

### **How much will it cost?**

The cost of a six-week block exercise classes is \$80. Individual classes cost \$20 each.

### Where will Move! be held?

Classes will be held at the Neuro Rehab Results clinic at Unit 4, 41 View Road, Wairau Valley.

### Is there carparking available?

There is carparking available outside the clinic.



### What is the first step?

Before you start the exercise class, you need to make an appointment for a brief screening session. This session will take about 20-30 minutes with a physiotherapist who will run through some brief physical tests with you and discuss which class or classes will best suit your needs. You can schedule this appointment by calling our clinic on 480 6464. When you book this session, we will send some questionnaires to you for you to fill out and bring to the session. This first screening session is free.

### Are there any other group classes?

Our weekly timetable of classes is shown below:

Class	Day	Time	Cost
Arm Clinic	Monday	1pm-3pm	\$100 per session
ActivEx	Tuesday	11am-12pm	\$80 for a block of 6 sessions
Move!	Wednesday	11am-12pm	\$80 for a block of 6 sessions
Arm Clinic	Thursday	1pm-3pm	\$100 per session
Balance-Fit	Friday	11am-12pm	\$80 for a block of 6 sessions

You can find more details about each of these classes on our website.

### Who do I contact if I have questions?

Please contact Suzie at Neuro Rehab Results on 480 6464 if you have any specific questions.