

HOW TO KEEP MOTIVATED



The benefits of regular exercise have been well documented, both for your general health and specifically for Parkinson's disease. We all know that we should probably exercise more and if you find exercise challenging, this section is possibly more relevant for you.

Starting and sticking with an exercise program can be difficult, especially if exercise is already a foreign concept, however, there are a few strategies that you can put in place early to make sure that you give PD Warrior a really good go. Any habit can be created in three weeks, so, imagine what you can do in 10 weeks!

Make exercise part of your day

First of all, you need to make exercise part of your day. What does that actually mean? Well, it means that you build it into your day, so that it is not left to the last minute or dumped because you get a better offer. Schedule your exercise in so that it has top priority. This is your health we are talking about and no-one else can do the exercise for you. We recommend a minimum of 20 minutes per day of Parkinson's specific exercise, in addition to your regular exercise but if you are really busy, you might find breaking your program down into several manageable 10 minute chunks may suit you better. Perhaps you can do a set of exercises when you wake up in the morning, another round at lunch or evening.

See what works best for you with your lifestyle and medication but make sure you schedule it and record it. If you are particularly short of time, try not to throw in the towel completely. Do what you have time to do; even five minutes of the PD Warrior exercises done well can be significant. Just remember though, if you are regularly finding yourself short of time, you may need to reflect again if you really have been scheduling your exercise at the top of your list.

Incorporate PD Warrior principles into your activities of daily living

Re-wiring your brain is not just about doing your daily 20 minutes of exercise and then considering your Parkinson's work done for the day. If you can "PD Warrior-fy" the way you move throughout the day you are vastly increasing the capacity for your brain to re-learn movements, efficiency and function.

To do this, identify “triggers” in your usual routine that remind you to move with amplitude and effort. Here are some examples:

1. When moving through your hallway, aim to increase your stride length so you get from A to B in the least amount of steps as possible.
2. When walking through a certain doorway in your home, make it routine that you do a big TAHDAH through the door way.
3. When folding your sheets, exaggerate your arm movements and make every move with purpose.

There are no wrong answers here as long as you are moving safely and with power. If you can link a few of these triggers together throughout the day you should find your mobility has improved in between and after these activities as well.

Get a training buddy

We strongly recommend working out with a training buddy. Someone that you enjoy spending time with, trust and can be accountable to. Your training buddy will be able to give you feedback on your exercises, help to keep you accountable and hopefully make your exercise sessions more enjoyable. Make sure your buddy understands that you are asking for constructive feedback.

You're not limited to one buddy. Buddies can come from many areas and they do not only have to be physical buddies. You can sign up with other people who are also doing PD Warrior by posting in the community in PD Warrior PLUS.

Record your daily sessions

Each time you do the PD Warrior program, record your session in the back of this book and reflect on how hard you worked. Tracking your progress will help to keep you accountable and show you how much you have achieved. Remember, it is ok to have a down day, but not three in a row!

Peer support

PD Warrior PLUS is our online platform designed to support you with education, exercise and a global Parkinson's community. Join us online in the community chat for any questions that you may have. Chances are there are others thinking the same thing and someone may already have answered your questions. Access to PD Warrior PLUS (and the relevant 10 Week Challenge content if prescribed) will be supplied to you by your therapist. Be sure to ask them how to get involved if not already.

WOW MOMENTS

These are moments that you will have along the way that make you go 'wow'. A wow moment is typically a moment in time or when you do an activity that impresses yourself or others. This could be as simple as doing something better, doing something you couldn't do before or more easily or by completely smashing it. Do not be surprised as you continue with your PD Warrior exercise program that people start to comment on how well you are moving.

If you have a WOW moment, be sure to celebrate! You can record it in the back of this book, let your family know or best yet, let us know on the PD Warrior PLUS chat so that we can celebrate with you!