

# DELAY THE DISEASE™

THE #1 PARKINSON'S EXERCISE PROGRAM



## How you can benefit from Delay the Disease™

**Delay the Disease™ targets daily functional challenges such as rising from a chair, getting out of the car, moving about in big crowds, dressing and getting up from the floor.**

The Wellness Connection introduces OhioHealth Delay the Disease™, an evidenced-based fitness program for people living with Parkinson's disease.

With Delay the Disease™, The Wellness Connection will be able to bring this extraordinary program to individuals with Parkinson's, giving them the opportunity to help with management of the disease through exercise.

The program is designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

Observational results demonstrate an improvement in posture, mobility, speech volume and a gained sense of empowerment.

The Parkinson's-specific exercises are designed to retrain the mind and body. The exercises have been shown effective, with many participants reporting a regained ability to successfully manage the disease, improve their quality of life and take back control over their own body movements.

**Fitness plans are adapted to all levels of the disease, valuable to newly diagnosed and progressed states alike. The result is an evidenced-based program focused on symptom-specific exercises targeting:**

- Balance
- Bradykinesia (slowing of all movements)
- Facial freezing
- Initiation of movement
- Posture
- Rigidity (stiffness)
- Speech
- Strength
- Walking difficulties

# Testimonials from Delay the Disease™ Participants

## Move easier.

“Getting in and out of the car is easier, and I am able to slide away from a table at a restaurant without stumbling.”

## Walk with more confidence.

“I noticed some improvement in the way I walk and maintain my balance. I now take bigger steps and no longer seem to shuffle or limp.”

## Improve your outlook.

“My demeanor has improved so much that my overall reaction to this affliction has become almost dismissive. Overall, I feel as good or better than my pre-afflicted self.”

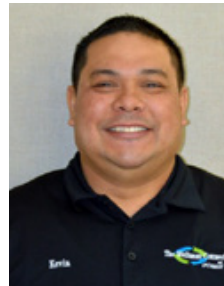


“I can see and feel the difference since I’ve been exercising. I feel more confident and stronger in my body.”

Delay the Disease™ Participant



## Instructors



Kevin Chiong  
**Wellness Coach**

Kevin has been at O’Connor Woods for 11 years. He is certified as a AFAA Group Instructor and a Delay the Disease instructor.



Nanci Shaddy  
**Director of Fitness/  
Wellness**

## Need More Info?

Call **(209) 956-3470** and speak with the Wellness Connection Team today!



Proud member of the **ESKATON** family