



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REDUCE YOUR SYMPTOMS BE IN COMMUNITY

Health, Well-being & Fitness  
**DOWNTOWN SEATTLE**

## PEDALING FOR PARKINSON'S

### LIVE BETTER

Pedaling a bicycle may change the life of someone with Parkinson's disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally, 80-90 revolutions per minute.

Fast pedaling is not a cure of Parkinson's disease and should not be touted as such, but there is compelling evidence to show that it does make a real difference for many who try it.

### WHO CAN PARTICIPATE?

Participants must:

- Be age 30-75 years
- Be diagnosed with Idiopathic PD
- Complete and submit a signed consent form and medical clearance
- Agree to periodically monitor progress

### PROGRAM DETAILS

June 11 - August 3

Monday, Wednesday, Friday at 10:00-11:00am

September 10 - November 2

Monday, Wednesday, Friday at 10:00-11:00am



### FOR MORE INFORMATION AND TO REGISTER

Contact Bergen Beck

206-382-5088 or [bbeck@seattleyymca.org](mailto:bbeck@seattleyymca.org)



**Pedaling For Parkinson's**

#### DOWNTOWN SEATTLE YMCA

909 4th Avenue, Seattle, WA 98104

P 206 382 5010 F 206 382 7283 [seattleyymca.org](http://seattleyymca.org)

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.