

NeuroFIT Neuron

Welcome!

Welcome to our second issue of the NeuroFIT Neuron.

We interviewed Scott Luke for the “Spotlight on” segment. Scott very kindly purchased all the boxing bags for the program when we first started NeuroFIT. He also helped with the extra gloves for newbies or anyone that forgets their gloves to try on. So as the saying goes” he’s a good egg” and you will learn more about him in the Spotlight.

Coaches Corner covers complimenting your weekly NeuroFit workouts with an extra workout outside as the weather is changing and getting a little brighter.

There’s also a new class coming soon, I’m working on the details, for boxers who would like a more challenging cardio workout. You need to be able to workout independently and be ambulatory. It’ll get the dopamine flowing and make you sweat!! Ask Coach me (Heidi) or Coach Cheryl for details.

We have two new boxers Ken and David joining the program as well as Margie joining us again. Don’t forget to say “hi” and make them feel welcome.

And once again THANK-YOU to Superstar Bill for putting this all together even though he’s somewhere out in the wilderness watching the stars.

Coach Heidi

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Assistive Tech

Parkinson's Disease and other neurological diseases effect your ability to type. Sometimes we need help typing text into a word processor. If you own an Android phone, here's a quick tip. Open an app named Lens on your phone and snap a photo of the text (it can be hand-printed text - I used this to enter Scott's article). Select the text in the photo and Lens will offer to create a text file on the phone or send the text to a nearby computer. The nearby computer needs to have a Chrome browser logged into your Google account. The scanned text is placed in the receiving computer's copy and paste buffer for pasting into your word processor.

Spotlight On Scott

Age: 71
PD diagnosed at age 59.

1) Why Neurofit?

NeuroFit is a great multi-faceted exercise program working on endurance and balance for those with PD.

2) What was your reaction to being diagnosed with PD

It was a a year before I was properly diagnosed with PD. At first, I was told I had a pinched nerve in my shoulder which caused my index finger to twitch. Other than a twitchy index finger, I felt good.

In the beginning, I had to keep reminding myself that I had PD

Scott continued ...

because the symptoms were so mild.

3) Where do you find support?

I found support with the other NeuroFIT members and the bimonthly Neurofit support group.

4) One piece of advice for newly diagnosed PD patients.

The best advice I would give to some one newly diagnosed with PD:

- 1) Everyone's symptoms are different.
- 2) Everyone's symptoms progress at different rates.

3) Plan for the worst, expect the best.

5) How do you like to spend your free time?

I enjoy working with my hands on all kinds of projects. I like working on vintage cars and magazine collages.

Coaches Corner

Why spring is the perfect time to add a daily walk.

With the days getting longer, the weather getting warmer and plants blooming, it is the perfect time to compliment your NeuroFIT workouts, by exercising outside.

Studies have shown that being

in nature can lower levels of the stress hormone, cortisol. Less cortisol lowers blood pressure and reduces your heart rate.

Immune systems also get a boost with the increase of a type of white blood cell that is linked to lowering the risks of certain cancers.

Exercising outside also has a way of

making people feel calm and help decrease depression. Studies have shown that people reported feeling more revitalized, engaged and energized after taking a 30-minute walk outside in the fresh air.

So, dust off those running and walking shoes and get at least an extra 30-minutes of exercise outside. You will feel better for it!

Medical News

The Trail Taken

While this isn't strictly a medical news item, I've made an observation while on my road-trip. The importance of getting outside and enjoying nature. Sure the exercise you get from walking is great, but the enjoyment and challenge of walking a new path through the woods has many benefits. For a parkie, it's like one of Heidi's obstacle courses. Only this

course can have tree limbs to avoid and rocks and dips in the path to navigate. And how many times does a NeuroFIT obstacle course have wildlife to observe? All of these natural items on a hiking trail help to work your mind, balance and re-ignite an interest in the world around you.

For some of us a simple nature trail may sound beyond our abilities. Don't give up on yourself! The National Park Service, Bureau of

Land Management, and other government agencies have built trails for people with disabilities. Many of these trails can be navigated with a walker or a wheel chair if needed. But, more importantly, many of these ADA compliant trails blend directly into a conventional hiking trail. You get to choose the difficulty that suits your abilities.

One more hint. Don't underestimate your abilities. So have

Medical news continued ...

someone with you for safety, but take that one or two more steps it takes to go around the next bend! There may be new wonders waiting there for you to see!

Bill Clugston



ADA Complaint Trail at Hovenweep National Monument

Closing Bits

Did you see the Neurofit flyer on the Northwest Parkinson's Foundation website (<https://nwpf.org/>)? Check it out! It's a great website for resources for anyone with Parkinson's and it has many interesting articles to read.

April is Parkinson Awareness Month and we're planning some fun activities. They will be announced after the best part of the class...of course it's the joke... so keep your ears open!

Also, did you know the pink ribbon is for Breast Cancer, a purple ribbon is for Alzheimer's and a red tulip is for Parkinson's awareness? It was developed by J.W.S. Van der Wereld, a Dutch horticulturist who had PD.

Learn something new every day!!
