

# NeuroFIT Neuron



## Welcome!

Hi everyone!

Wow! Where do I start?

This year has been hectic for NeuroFIT, and we have grown by leaps and bounds. We are now open for classes five days a week, Monday, Wednesday, and Friday (levels 1-2) and Tuesday and Thursday (levels 3-4). Jen also joined us as a new coach, helping coach the Tuesday/Thursday group and we are delighted to have her onboard! We now have 30 boxers attending various classes, and we keep on growing 😊

The NeuroFIT Reformers participated in both the NW Parkinson's Walk and the APDA Optimism Walk that were held in Seattle. We raised \$4,650 as a group, which was fantastic. You guys' ROCK!!

Alana and Mary Ellen have taken on the task of coordinating the support group. They are doing an amazing job, as shown by the "Pirate Halloween" theme they organized at the last group meeting. They also have a separate email address for you guys to use for any questions regarding the support group, Neurofitgroup@outlook.com .

If you have questions about classes, cost, exercises, or anything else directly concerning class then please continue to reach out to me using the Neurofit@longevitapilates.com address.

Shelia and Bill again hosted our annual Summer BBQ at their beautiful house. Alana and Mary Ellen organized the set-up and games. Fun was had by all!!

Since the last newsletter, we have welcomed Sharon, Chris, Ron, Todd, Greg, and

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## Assistive Tech

Parkinson's Disease is a thief that slowly steals many things from us. One thing that PD takes is our ability to speak.

Here's a fun solution for strengthening your throat muscles -- singing! There are several online singing groups for Parkinsons Disease. Here's a list:

Parkinson's Voice Project:  
<https://parkinsonvoiceproject.org/program/sing-alongs/>

Orange County Tremble Cleffs:  
<https://octremblecleffs.org>

Tremolo Singers:  
<https://www.judispencer.com/register-for-tremolo-singers>

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Welcome continued ...

Sara to the group.  
Welcome everyone!

And a big THANK YOU to  
Stan and Rosie our fearless  
volunteers who turn up  
consistently and help in

numerous ways. The program  
would not run as smoothly  
without you.

Coach Heidi

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## Spotlight On Bill

### 1. Why Neurofit?

My days with Neurofit go  
back to its Rock Steady  
Boxing start. As my  
Parkinson's progressed, I  
could see the day was  
coming where running  
alone wouldn't work. I  
wanted a broader-based  
exercise program that  
would help slow the  
disease on multiple  
fronts.

### 2. What was your reaction to being diagnosed with PD?

For me it wasn't a big  
shock. I noticed my right

arm wasn't swinging when I  
walked and I had a tremor  
in the right hand. After a lot  
of Internet research, I was  
pretty certain I had PD. This  
was later confirmed by my  
MDS, Doctor Burdick

### 3. Where do you find support?

My wife, Sandy, is my  
primary support along with  
my daughter, Kaitlyn. It's  
good to have an  
Occupational Therapist  
Assistant and a Physical  
Therapist in the household!

### 4. One piece of advice for newly diagnosed -

### Parkinson's patients.

If you are not already being  
seen by a Motion Disorder  
Specialist, try to find one.  
They are trained to deal  
with disorders like  
Parkinson's Disease. After  
finding the MDS, find a good  
Parkinson's exercise  
program like NeuroFIT.

### 5. How do you like to spend your free time?

Playing music, hiking,  
astrophotography, and  
traveling with my wife  
Sandy.

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## Coaches Corner

### The Benefits of Stretching

As we age, staying  
flexible and limber  
becomes more critical.  
Flexibility helps us  
increase and keep our  
range of motion, which  
helps with everyday  
tasks like reaching to get

a dish out of the cupboard or  
bending down to tie our  
shoes.

Due to increasing rigidity or  
stiffness associated with  
Parkinson's, frequent  
stretching and flexibility  
exercises could be very  
beneficial. Daily  
stretches keep and improve

flexibility, prevent stiffness,  
and lead to improved  
balance and posture.  
Stretching, in turn, helps  
with daily activities such as  
walking and the all-  
important fall prevention.  
As the experiences of  
Parkinson's are different  
from person to person, so is  
the stretching routine.

Here are a few easy-to-do stretches for you to try.

### **1. Calf Stretch**

Stand facing a wall with your hands on the wall at about eye level. Step one leg behind you. Lean your hips towards the wall while keeping your back leg straight and heel down. Hold this position for 20-30 seconds and then repeat with the other leg.

### **2. Hamstrings**

Sit on the front of a chair. Place one leg out in front of you while placing your hands on the opposite leg. Keep your leg straight and point your toes towards the ceiling. Ensure you have a straight back and gently lean forward at the hips. Hold this position for 20-30 seconds and then repeat with the other leg.

### **3. Shoulders**

Sitting nice and tall on a chair, bring your palms together in front of your chest and breathe through your nose. As you exhale through your mouth, slowly straighten your arms overhead with palms forward. Lower your arms to the side and back to the starting position. Repeat 3-5 times.

### **4. Chest**

Sitting nice and tall in a chair, raise your arms and place your hands behind your head. Breathe in through your nose while bringing your neck and shoulders back. Hold briefly, then exhale and repeat 3-5 times.

It's always important to warm up before you stretch. This can easily be done by taking a quick walk or lifting some light weights. Remember to take your time and ease yourself slowly into the stretch. You should feel a mild pulling, but it shouldn't be painful. Remember to relax and breathe. Never hold your breath while stretching, and always breathe into the movement. No bouncing. Use steady movements and avoid jerky movements that could cause an injury. Give yourself at least 20-30 seconds in each position to allow the muscle to elongate, and always keep your back and joints soft.

If you are new to stretching or any new physical activity, please check with your doctor first.

Coach Heidi

## **Closing Bits ...**

We are in the process of arranging our Christmas party, so keep your eyes peeled for an email with all the details. We will hold the party at the studio due to the group getting bigger and the ease of parking. The date and time will be announced soon!

We have several speakers lined up for the beginning of 2024. We will announce them as soon as we get confirmation. If you have any speakers who you feel may be of benefit to the group, please let me, Alana, or Mary Ellen know.

The Tuesday and Thursday group is now up and running and going well. If you want any more details about this class, please let me know.

Thank you, as always, to Bill for putting the newsletter together, and if you would like to read any back issues, you can find them at <https://neurofitmembers.org>