

ABLE BODIES[®]
26 Activities for Parkinson's Disease from:

ABLE BODIES BALANCE TRAINING

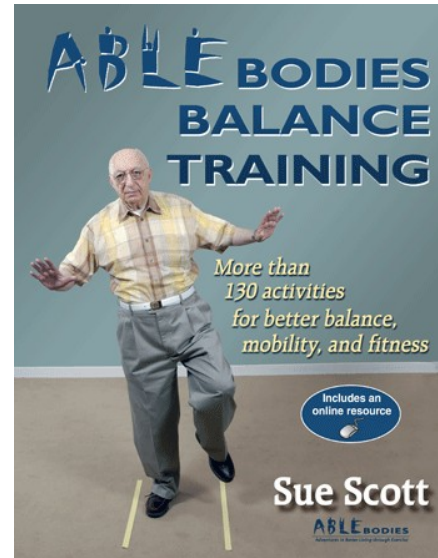
HUMAN KINETICS, CHAMPAIGN, IL; 2008

SUE SCOTT, MS; RENEWABLE FITNESS, LLC & ABLE BODIES [®]

These ABLE Bodies [®] exercises are supplemental to Parkinson's-Specific Agility Training, a workshop presented for the International Council on Active Aging, December, 2009.

These ABLE Bodies Balance Training activities incorporate HELP PD exercise strategies and are appropriate for moderate PD.

There are many other ABLE Bodies activities to improve balance, agility, stamina, strength, flexibility, posture and everyday function.



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**Achieving Better Living
with Exercise**



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FLEXIBILITY

Number	Activity Name	Page
	Carry the Baby	86
	Farmers Stretch	83
	Lunge Stretch	85

POSTURE & CORE

Activity Name	Page Number
Posture Affects Function	101
Tall Sits/Tall Stands	113
The Up and Up	137

STRENGTH

Number	Activity Name	Page
	Teeter-Totter Chair Stands	167
	Standing Heel Raises	170
	Pendulum Legs	179
	Knee Lift Touch Back	184
	Clock Stepping	192
	Drive Me Up the Wall	213



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ENDURANCE

Activity Name	Page Number
----------------------	--------------------

WalkABOUTs	346
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BALANCE AND MOBILITY

Standing Balance Challenges	Page Number
------------------------------------	--------------------

Tai Chi [Prayer Wheel]	246
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Belly Button Training	239
---------------------------------------	-----

Marching in Place	174
-----------------------------------	-----

Walk the Line	312
-------------------------------	-----

Step and Stop	237
-------------------------------	-----

Multidirectional Lunges	306
---	-----

Balance Pads or Mats	263
--------------------------------------	-----

Dynamic Balance Challenges	Page Number
-----------------------------------	--------------------

Tai Chi [Cat Walk, Cloud Hands]	247
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Change of Pace	348
--------------------------------	-----

Eyes on the Prize	251
-----------------------------------	-----

Rhythm and Moves	319
----------------------------------	-----

Agility Ladders	279
---------------------------------	-----

Turn Down the Lights	260
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