

Empower your journey with Parkinson's: Exercise and new research are on your side

Discover how targeted exercise can improve symptoms, protect brain health, and maybe even slow progression in Parkinson's. Backed by research, this article shows why movement really matters.

Living with Parkinson's can be challenging, but here's the exciting news: you have the power to take control of your health and make a real difference in your well-being through exercise. Recent research is shedding new light on how exercise isn't just good for you—it might actually be changing the course of Parkinson's itself.

1. Exercise: Your secret weapon

No matter what type of exercise you enjoy—walking, cycling, dancing, or strength training—it can boost your motor skills, enhance your independence, and elevate your overall quality of life. Regular exercise has been shown to help you move better, feel stronger, and live to your potential.

2. A game-changer in brain health

Here's where it gets even more exciting: studies suggest that exercise might not just manage symptoms but protect your brain. High-intensity workouts, like those that get you out of breath, are showing promise in keeping the cells in your brain healthier and potentially slowing down the progression of Parkinson's. Imagine not just living with Parkinson's but actively fighting back!

3. High-Intensity exercise: Reversing the damage?

A groundbreaking study from Yale found that high-intensity aerobic exercise could even reverse some of the damage Parkinson's causes. The researchers discovered that after just six months of regular, vigorous exercise, the brain cells that produce dopamine—the chemical most affected by Parkinson's—became healthier and stronger. This is a first in Parkinson's research and a beacon of hope for those ready to push their limits.

4. Parkinson's specific exercise matters:

Parkinson's-specific exercises are designed around the principles of neuroplasticity—stimulating the brain to form new motor pathways and counter motor decline. They are targeted at helping with balance, co-ordination, stiffness and doing two things at once. When done daily, this focused approach offers benefits far beyond general exercise—it actively rewires the brain, preserves movement quality, and promotes resilience against disease progression.

5. You're not alone in this

The best part? You don't have to do it alone. Whether you prefer group classes, home workouts, or something in between, there are countless ways to get moving that fit your lifestyle. And with the right support, you can find the perfect exercise routine that not only suits your needs but also makes you feel empowered.

6. Every step forward counts

While there's still more to learn about the best types and amounts of exercise, one thing is clear: every bit of movement helps. Whether you're taking your first steps towards a more active lifestyle or pushing yourself further, know that your efforts are backed by the latest research and could be making a difference at the very core of your condition.

The bottom line: You have the power

The journey with Parkinson's may be long, but with the power of exercise, you're not just managing symptoms- you're part of a new wave of hope and progress. Every workout, every stretch, every move is a step towards a brighter future. Let's get moving—your brain and body will thank you!

Helpful resources

- [Parkinson's Foundation \(US\)](#)
- [Parkinson's UK](#)

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