

## Delay the Disease, Exercise and Parkinson's Disease by David Zid

This is a 70-page spiral-bound book published in 2007, written by David Zid who is a certified fitness trainer. The book is on the library shelf of our NPFOCC office and is available to borrow. Zid has put together a thorough program of exercises designed to retard the progress of Parkinson's Disease (PD). The book contains several testimonials as to the effectiveness of the routine. On most pages of the book, there are three or four pictures of Zid performing the maneuvers.

Patients are divided into three groups: In Level A, everyone should be able to do these basic exercises which are done seated; Level B requires more balance and stability; Level C is the most challenging.

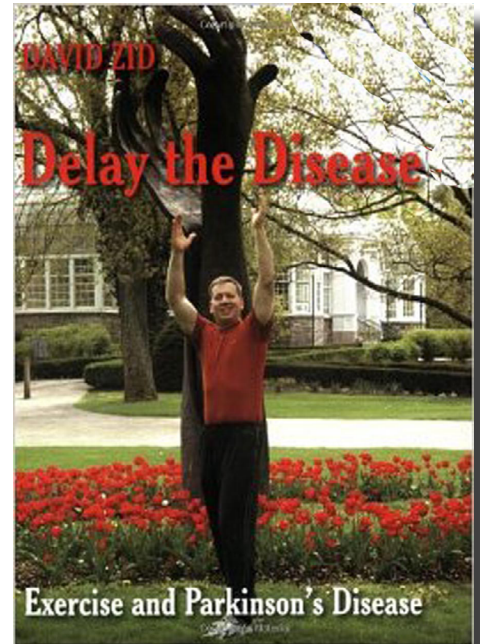
The first group of exercises is called Wake Up Call. The neck, shoulders, wrists, hands, and ankles are flexed, extended, and/or rotated. Groups B or C in addition move the lower extremities more vigorously, often in the standing position. Vocal and facial exercises are also done. Zid has a chapter on balancing drills and he recommends that all of the above be done daily.

Next Zid discusses cardiovascular exercise. He says that if you could do only one exercise, it should be to walk. In each group, the speed and duration should increase as tolerated. The walking should be done for 20 minutes. For the Level C group, he recommends one minute of high intensity faster walking or going up a hill done twice during the 20 minutes.

Then Zid turns to strength training. "Everyone starts to lose muscle mass at some point in life. PD patients tend to lose it faster," says Zid. He feels that free weights are good because they are portable and inexpensive but some results can be obtained with machines in health clubs. These exercises should be done three times a week, starting with one set, gradually increasing the weights, then going to two sets. Examples of some of the exercises include chest press, triceps press, shoulder press and biceps curl. On the days when weights are not used, he advises "core days" including exercises that are between the shoulders and the knees. The last category is called "night-time stretching" and the book includes seven examples.

A second edition called *Delay the Disease; Functional Fitness for Parkinson's*, was released on December 15, 2012. There is also a DVD called *Functional Fitness*.

This book lays out an ambitious program of exercise in a clear succinct manner. Check it out.



*Book Review by Alan Massing, M.D.*