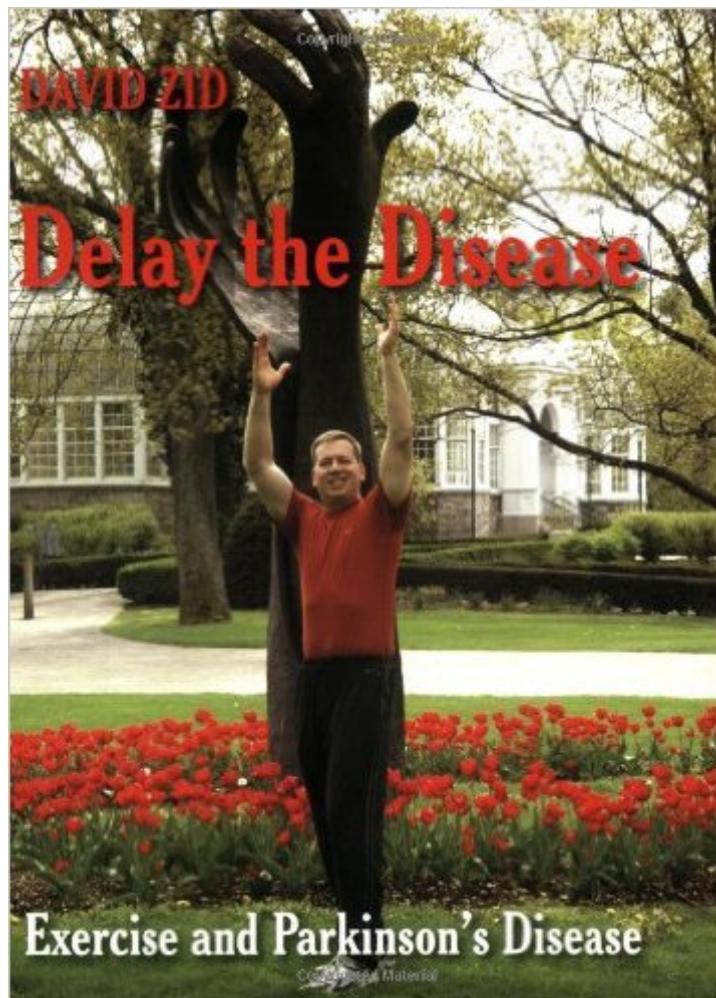


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# Delay The Disease -Exercise And Parkinson's Disease (Book)



## **Synopsis**

David Zid, an ACE, APG certified trainer, has collaborated with orthopedic surgeon, Thomas H. Mallory, M.D., who is afflicted with Parkinson's disease, and Jackie Russell, RN BSN CNOR, in the development of a Parkinson's specific fitness program designed to proactively minimize tremors and improve flexibility, stability, balance and strength. This program empowers the person with Parkinson's Disease to take control, helps with maintaining independence, and provides hope! Delay the Disease contains colorful photographs of Zid demonstrating each move, as well as recommendations for exercise frequency, modification and how to adjust the workout as one improves. Parkinson's patients participating in Zid's fitness program notice improvement in walking, dressing and maintaining balance. Exercises are divided into categories (wake up call, walking and balance, cardiovascular, strength, facial and vocal, and night-time stretching).

## **Book Information**

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Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ (63 customer reviews)

Best Sellers Rank: #56,261 in Books (See Top 100 in Books) #13 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease #57 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #125 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## **Customer Reviews**

My husband is in the early stages of Parkinson's Disease. His neurologist suggested that he begin these exercises & also that he begin riding an exercise bike, set on no resistance, for 80-90 RPM, for at least 15 minutes, 6 days a week (this is an exciting study that is proving to help relieve some PD patients' symptoms) Not knowing if there was a difference between the book & the dvd, we purchased both Delay the Disease -Exercise and Parkinson's Disease & Delay the Disease Exercise and Parkinson's Disease DVD. My husband has since learned that he didn't need the DVD. The book's photos and instructions are clear enough for him to understand. If you'd rather

watch & exercise along, the DVD is the best choice for you. The book is spiral bound and lays flat; you can easily see the photos & read the instructions as you exercise. The DVD is nice because the exercises are performed outside. You can follow along with David Zid, a professional fitness instructor. When David Zid researched exercise & PD, he found only a few basic exercises had been designed for the PD patient. He knew that he could help PD patients and developed this exercise plan.

**Exercise Options** This book is broken down into several sections. I'll try to summarize:

Wake Up Call, Walking & Balance Drills, Cardiovascular Exercise, Strength Training --Workout with weights, Non-weight (Core) Days--. Facial & Voice Exercises, Night Time Stretching.

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