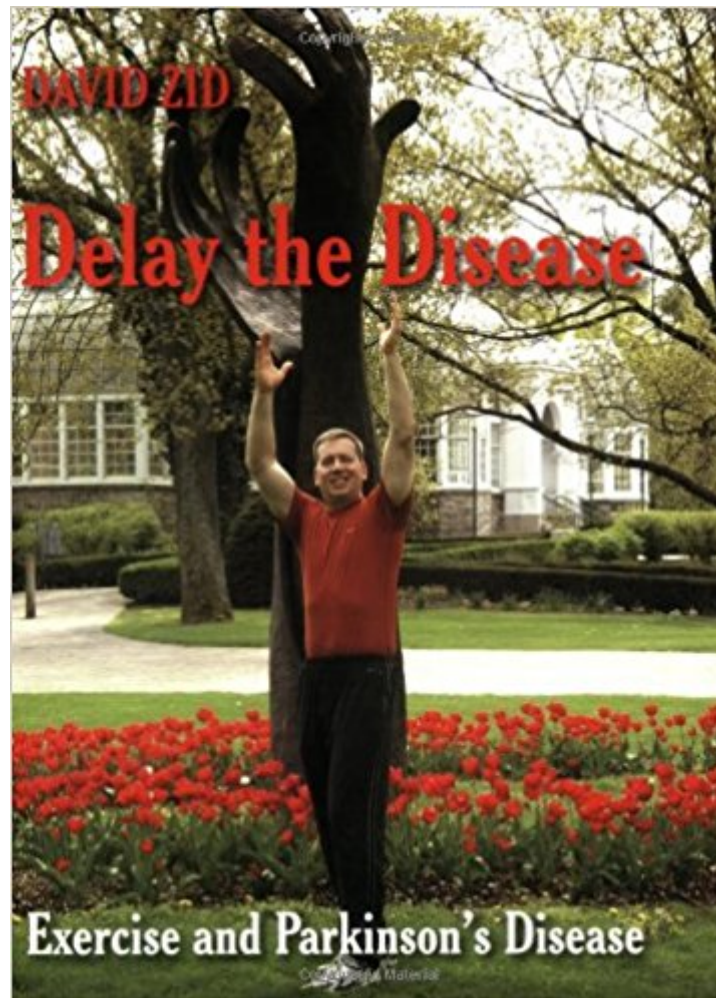




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# **Delay The Disease -Exercise And Parkinson's Disease (Book)**



## 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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## Customer Reviews

Delay the Disease Exercise program is demonstrating significant and breathtaking reversal of disability through these dedicated exercise routines. Increasing evidence suggests that these dedicated Parkinson's exercises actually recruit new brain regions to perform tasks that were otherwise lost due to the previous nerve cell damage. These exercises appear to increase brain levels of specific, powerful chemicals known as growth factors. It is possible that some of these growth factors may actually work to restore sick or damaged nerve cells back to a state of improved health. David and Jackie have perfected the use of these revolutionary routines to enhance the lives

of people with PD, improving them physically, mentally, and emotionally. Lawrence W. Elmer, MD, Ph. D., Professor of Neurology, Director PD and Movement Disorders Program, University of Toledo

--Lawrence W. Elmer, MD, Ph. D., Professor of Neurology, Director PD and Movement Disorders Program, University of Toledo

Dr. Deb Kegelmeyer, DPT, MS, GCS, Assistant Professor of Clinical Allied Medicine at The Ohio State University Medical Center and a physical therapist who has 23 years experience specializing in the treatment of Parkinson's disease. I highly recommend this manual to individuals with PD in any stage of the disease. My patients who participate in the program feel great satisfaction with their improved mobility and enhanced independence. --Dr. Deb Kegelmeyer, DPT, MS, GCS

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5 out of 5 stars! The must-have exercise program for PD sufferers!" -- Reviewer

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David Zid is a graduate of The Ohio State University and has been a professional fitness instructor in Columbus, Ohio since 1997. He is the owner and president of Columbus Health Works, a personal training company that he started in 1999. He is also employed by OhioHealth as the director of Movement Disorder and Musculoskeletal Wellness with Delay the Disease. As an energetic coach for hundreds of clients and other personal trainers, he has developed a special interest in the older adult client. He is the creator and leader of a group exercise classes specifically designed for people with Parkinson's disease.

My husband's doctor at the Mayo clinic suggested that we get this book. We did and my husband

and I do exercises from this book on a daily basis. Even though my husband goes to Physical Therapy for his disease, the doctor says that 30 minutes of daily exercise is what he needs to delay the progression of his Parkinsons. Since we have a pool in our subdivision, my husband goes there most evenings and walks in the pool. The doctor says that one mile in the pool is equivalent to 3 miles on land and it is obviously much easier on the back. We would highly recommend this book to everyone suffering from Parkinsons.

I can't help but think of a quote from a guy named Bill Kohler "Exercise is so important, I'm going to do it myself one of these days!"

I teach a fitness class for those enduring Parkinson's. I purchased this book for ideas to use in my class. A few of the students have asked me to write down my routine to do @ home. So, even though I have added to the suggestions in the book, I think this resource is so user friendly I know they'll benefit from it as I have teaching from it.

Many low impact exercises, many helpful tips.

Good book, but if you buy his DVD, you won't need the book. Easier to do the excellent exercises with the DVD and nice if them. Did is an excellent instructor.

Got this for a friend. They like it being spiral & lays flat. The pictures along with the wording for the exercises helps them remember the moves as they go thru them.

This is great book for easy to do exercises - my dad is using them daily.

I am finding this book useful as an exercise aid to keep my body more flexible and to avoid some of the stiffness which comes with PD. I have not attempted all exercises yet - but am working on it. I have found exercise also helps to feel less depressed and more positive. Robyne Waller  
Delay the Disease -Exercise and Parkinson's Disease

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