

How does Parkinson's disease affect your body and movement?



- Slower walking and movement
- Smaller arm swing
- Smaller handwriting
- Problems with balance or falls
- Stooped posture
- Tremors or shaking



Tips for better movement

- Move BIGGER!
- Take longer steps using bigger arm swings
- Make your letters bigger when you write
- Use more effort and bigger movements:
 1. Getting up from chairs or bed
 2. Getting dressed
 3. Reaching for things
 4. Every time you move!
- Exercise for at least 30 minutes per day! Start today!

