

1

THE BODY SPEAKS & SPELLS

PARKINSON EXERCISECAST EPISODE 1 | WORKSHEET

GOAL

Train the capacity to maintain and divide attention to a specific visual and auditory stimulus while marching in place and adding large amplitude whole-body movements.

The **primary motor goals** are physical capacity, stepping, global amplitude, vocal volume, rhythm and speed of motor responses.

The **primary cognitive functions** targeted are working memory, sustained and divided attention.

DESCRIPTION OF THE EXERCISE

MOVEMENT • VOICE • COGNITION

Choose an activity that can be done continuously as a primary task or exercise in order to keep your heart rate elevated (for e.g. stepping while seated (Level 1), standing and stepping in place (Level 2), walking or stepping forward (Level 3), running in place (Level 4)).

As a standard, we will begin with walking in place, as it is the activity most people can do and easily performed in front of a screen.

The exercise will consist of walking in place while adding in new tasks. We will also be working out our voices by spelling out words and sentences. Every time a specific letter is spoken, respond by saying the same letter in a loud clear voice.

The frequency of the letters and words will increase progressively, requiring more repetitions of the movements. The number of actions that participants will need to remain focused upon will increase progressively too. Only go to the next stage of the exercise after mastering the previous stage.

Music will be included to help facilitate movement and also make the exercise more engaging.

Have fun!

SAFETY ISSUES

Continuously monitor how well you're stepping and maintain safety.

Use a wide base of support in standing position.

Consider standing in front of a couch or chair for safety and to use for resting periods.

Be attentive to excessive fatigue and any feelings of frustrations. Learning is progressive & different for everyone.

PROJECT INFO

Parkinson ExerciseCast is a web-based exercise program that offer people with Parkinson exercises that are challenging and surprisingly fun by combining voice, movement and cognition all into one.

For more information regarding the project, please email info@epda.eu.com

For more information regarding the exercise (e.g. adjustments to your needs and home setting situation), please contact John Dean or Josefa Domingos to help you at john@triadhealthai.com

Stage 1 Warm-up & Learning

Start by marching in place while listening to the instructions given in the video (walking and listening). It is important to try not to interrupt the walking (primary task) as you go through the video to achieve a good aerobic workout.

Stage 2 Memorizing 2 Movements

Memorize movement number 1 and movement number 2, as shown in the video. Movement number 1 will be associated to the vowels and movement number 2 will be associated to the consonants. Repeat each movement until fully memorized. Make sure to complete each movement safely and as big/large as possible before progressively doing it faster. Use a loud clear voice as you repeat all the letters.

In order to better memorize the movements, go through the alphabet doing movement number 1 on the vowels and movement 2 on the consonants.

Stage 3 Word Spelling with movements

Challenge yourselves to spell out the words shown in the video or others you choose with the respective movement. Take your time and use a loud voice to cue yourself too.

Stage 4 Sentence Spelling with movements

Challenge yourselves to spell out one sentences using the respective movement. Every new word will be identified with the whistle or a clap. Decode what is said in the video and say the whole sentence you just spelled out in a loud clear voice at the end.

Stage 5 Pos video assignment

Use the additional audio file to do some more decoding and training with the additional text we left you. Do create new words and send it to us to challenge other people with PD & friends. Make them guess which word you wrote.