

# 2

## WHAT HAPPENED TO MONDAY?

PARKINSON EXERCISECAST EPISODE 2 | WORKSHEET

### GOAL

Train the capacity to maintain and divide attention to a specific auditory stimulus while marching, stepping, turning and doing large amplitude arm movements.

The **primary motor goals** are stepping with large amplitude, rhythm, physical capacity and voice loudness.

The **primary cognitive functions** targeted are executive function (working memory and speed of response), sustained and divided attention.

### SAFETY ISSUES

Reinforce wide base of support. Use chairs as cue for large movements and safety in case of balance difficulties.

Continuously monitor fatigue and frustration levels of individuals.

### DESCRIPTION OF THE EXERCISE

#### MOVEMENT • VOICE • COGNITION

We will use two chairs as shown in the video to help us do safer and larger movements while adding in additional voice or cognitive tasks. We will use random days of the week as prompts for our workout. Every time a specific day of the week is spoken, participants will respond with a specific action or verbal response, as described in each activity.

Try to avoid interrupting the stepping (primary task) and ensure a smooth flow of the workout. The number of actions that participants will need to remain focused upon will increase progressively.

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

Have fun!

#### **Stage 1** *Physical Warm-up*

Do the movements you see and try to follow along with the changes that happen unpredictably. Try to change as fast as possible.

#### **Stage 2** *Vocal Warm-up*

While marching in place in between the 2 chairs, say each day of the week out loud as soon as you hear it in a loud clear voice. For example, when you hear the day "Monday", you would say "Monday" out loud and so forth.

Continue to maintain marching exercise throughout the exercise.

## PROJECT INFO

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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](mailto: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 directly at [john@triadhealthai.com](mailto:john@triadhealthai.com)

### **Stage 3** *Fire-Up 1*

While marching in place in between the 2 chairs, respond by saying out loud the day of the week that comes BEFORE the day you are hearing. For example: if you hear TUESDAY, say MONDAY”.

### **Stage 4** – *Fire-Up 2*

While rising slightly out of the chair, say out loud the day of the week that YOU SEE WRITTEN onscreen, NOT the day that you are hearing.

For example, when you hear the day “Tuesday”, but see Monday, you would say “Monday" out loud and so forth.

### **Stage 5** – *Fire-Up 3*

While completely rising out of the chair, say out loud the day that corresponds to the correct answer to the questions on the days of the week (matching John’s verbal responses).

### **Stage 6** – *Fire-Down 3*

In a standing position, lift both arms whenever if you hear Monday, Tuesday, or Wednesday. If you hear any other day of the week, keep marching and mimicking movements done in the video.

### **Stage 7** – *Cool down*

Allow yourself to go along with the song presented in the video, sing and try to do the movements according to the challenge presented.