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MOVING FOR SOMETHING NEW

PARKINSON EXERCISECAST EPISODE 4 | WORKSHEET

GOAL

Train the capacity to divide attention to specific auditory stimulus while remembering which movement to perform.

The **primary motor goals** are physical capacity, large amplitude body movements, movement speed/rhythm, and vocal loudness.

The **primary cognitive goals** are training working memory, sustained and divided attention.

SAFETY ISSUES

Reinforce wide base of support, with knees unlocked and slightly bent during every movement.

Continuously monitor fatigue and cognitive frustration levels.

DESCRIPTION OF THE EXERCISE

MOVEMENT • VOICE • COGNITION

In this exercise, we will use 3 baseline movements, each associated with 1 of 3 different musical passages. We will progressively incorporate additional voice or cognitive challenges. Every time each song snippet is heard, participants will respond with a specific action and verbal response, as described in each activity below.

The number of actions that participants will need to remain focused upon will increase and decrease throughout the activity.

Stage 1 *Physical Warm-up*

Do the movements you see and try to memorize which movement has been associated to each song you hear. Follow along to the change as fast as possible while maintaining the quality of each movement.

Stage 2 *Vocal Warm-up*

While stepping in place, follow along with changing tempos by counting in a loud, clear and safe voice.

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 3 *Fire-Up 1*

In this exercise, we will hear the 3 songs in a random order, with progressively shorter segments and therefore, faster switching. “Fire it up” with changing from numbers to letters to months of the year according to each new song while stepping in place.

Stage 4 – *Fire-Up 2*

Now do the same exercise while performing the corresponding movements for each song as you add in the associated vocal responses, using a loud, clear voice to count, recite letters of the alphabet or say the months of the year.

For example: If you hear song number 1, you will do movement 1 while counting aloud. If you hear song number 2, you will do movement 2 and saying aloud the letters of the alphabet. If you hear song number 3, you will do movement 3 and saying aloud the months of the year of the alphabet.

Stage 5 – *Fire-Up 3*

Alternate between saying numbers and letters, using only 2 song snippets. As you hear numbers, try to remember the number at which you stop. Each time the song for the numbers returns, resume counting where you stopped. However, for the alphabet, each time the song for the letter resumes, always start on A.

Stage 6 – *Fire-Down*

While listening to a single song and stepping in place, do the corresponding movements as you hear the numbers or letters.

Remember: Have fun!

