

# 5

## SHALL WE DANCE?

PARKINSON EXERCISECAST EPISODE 5 | WORKSHEET

### GOAL

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Train the capacity to maintain rhythm and divide attention to specific auditory and visual stimulus.

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

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

### SAFETY ISSUES

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In the standing position, always use a wide base of support, with knees unlocked and slightly bent during every dance movement.

Continuously monitor fatigue and cognitive frustration levels.

### DESCRIPTION OF THE EXERCISE

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#### MOVEMENT • VOICE • COGNITION

In this episode, we will use dance as a baseline for exercise. Each activity will incorporate a different rhythm. We will progressively incorporate additional visual and auditory cognitive challenges. Participants will follow along, as described in the video and briefly below. All exercises are also possible to be performed in a seated position.

#### **Activity 1** *Follow the writing on the wall*

Do the movements you see and follow the written cues in the video. Follow along to the change as fast as possible while maintaining the quality of each movement.

#### **Activity 2** *The Alphabet Dance*

While stepping and dancing in place, try to memorize which arm movements have been associated to each letter of the alphabet. Follow

along with the changing sequences of the letters that will show up in writing and try to anticipate what the movements will be.

### **Activity 3** *Now sit, Now stand*

In this exercise, we will hear a clear and specific sound throughout the song. While stepping and dancing in place, every time you hear the sound change position. For example, if you are standing, sit down and continue with the activity. If you are sitting, stand up and continue with the movements being done.

## **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 to help you at [john@triadhealthai.com](mailto:john@triadhealthai.com)

**Remember:**

**Above all have an energetic fun workout!**