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Delay the Disease - Functional Fitness for Parkinson's (book)

David Zid

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Delay the Disease - Functional Fitness for Parkinson's (book) David Zid
THIS ITEM IS A BOOK. Parkinson's patients suffering alleviated; World's leading exercise-based PD practitioners, David Zid and Jackie Russell, deliver highly-anticipated follow-up to #1-selling Parkinson's defeating exercise program Delay the Disease. NEW Book Functional Fitness is first-ever end-user customizable modular exercise system designed to alleviate needless suffering while accomplishing daily tasks. This evidenced-based program aims to give everyone with Parkinson's disease, regardless of their physical condition or present disability, the opportunity, knowledge, confidence and ability to increase their physical strength, agility, range of motion, stamina,, and most importantly, their confidence and quality of life. This colorful, lay-flat book details 15 distinct Functional Fitness plans for people with Parkinson's Disease. Each fitness plan is based on an activity of daily living, i.e., Getting out of bed, Getting off the floor, Getting out of the car, Getting out of the chair, Dressing, Freezing,Posture, Rigidity, Moving about in Crowds, and lots more. There are exercises designed for each functional task, as well as tips for some of the tasks.

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