

UF HEALTH REHAB CENTERS PEDALING FOR PARKINSON'S PROGRAM

Did you know pedaling a bicycle could change the life of someone with Parkinson's disease?

The UF Health Fitness and Wellness Center is now offering a Pedaling for Parkinson's class.



Requirements to participate

- Participants must be diagnosed with Parkinson's disease
- Participants must sign a consent form and receive medical clearance from their physician

Class details

- 3 times a week for 1 hour
- **\$9.99 PER MONTH** (first month's fee is waived if referred from UF Health Movement Disorders and Neurorestoration Program / Norman Fixel Institute for Neurological Diseases)
- No long-term contract, initiation fees, etc.
- Participants will be monitored by an exercise specialist and wear a heart rate monitor

How do I begin?

- Obtain your written referral and medical clearance from your health care provider
- Please contact UF Health Fitness and Wellness Center at 352.733.0834 to set up a time for initial orientation and for dates/times of the class or email **Traye McGehee, ATC, Manager, UF Health Fitness and Wellness Center** at mcgehc@shands.ufl.edu
- Show up with comfortable clothing, sneakers, water bottle and a positive attitude

Supported by a grant from the Parkinson's Foundation.



Visit UFHealth.org/uf-health-fitness-and-wellness-center for more information.

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