

These are hints from PWPs about how we keep moving and keep healthy:

Walking: Use it or lose it.....

- Use music to 'cue' steps: marching music, rhythmic music (sing to self or use headphones)
- Use commands to myself – March! March! One – two! One – two!
- Use meditative walking techniques – count:
1 – 1 2 3 4 5 6 7 – 1 – 1 2 3 4 5 6 7 8 9 10 11 12 13 14 – 1 – 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
17 18 19 20 21 – 1 – 1 2 3 4 5 6 7 – 1 etc.
- Rest when necessary, then keep going
- To free up my arms for swinging, use a small rucksack instead of a shoulder bag
- “Heel!” – not the dog! – it's for remembering heel strike first
- Have a step-counter watch or wrist band. It helps me make decisions – rather than wait 10 minutes for the bus, walk to the next stop or two

Exercise that helps

- Parkinson's Dance classes (alternate Wednesdays at DanceBase – see Branch site for details :
<http://www.edinburghparkinsons.org/>)
- Pilates and Tai Chi
- Yoga
- Nordic walking classes

<https://exercise-anywhere.com/?page=find>

<http://edinburghnordicwalking.com/>

<http://www.getmequick.co.uk/>

<http://britishnordicwalking.org.uk/pages/derek-storey>

Balance

Balance platform in Inverleith park – practice with a friend (to help you balance in case you fall).
Improves balance and confidence immeasurably.

Tai Chi, Pilates and yoga also help