

I was diagnosed with Parkinson's at 40. Here's what I've learned.

When I was first diagnosed, I was truly wrecked by the news. My whole life was built around being fit and healthy.



But with the help of Parkinson's NSW, I learned how I could live with my disease and even improve my condition. I found boxing, and it's really helped. Now I coach other people with Parkinson's – and here's what I know about living well with this condition.

1. Make exercise a big part of your life

It's only thing that has proven to slow down the progression of the disease. Boxing is actually a perfect exercise for Parkinson's. Not only does it give you bouts of high intensity interval training, but it works your brain because you have to remember the combinations and think about a lot of things all at once.

2. Watch what you eat

We don't at this point know a huge amount, but I went to the World Parkinson's Congress in Spain last year and people are just starting to realise that food is really important. They are starting to do studies into what foods are good, and a Mediterranean diet might be beneficial.

3. Maintain socialising

It's very easy for someone with a partner just to sit in the background and, you know, quietly disappear. But it's important to find people you can go to talk to about Parkinson's or even just friends to be social with. My exercise groups are a great opportunity for clients to come and catch up while they are exercising, so it's two birds with one stone!

Thanks for supporting Parkinson's NSW – it means a lot.
Steve

Please give generously so we continue to offer vital information and support to people living with Parkinson's when and where they need it.
parkinsonsnsw.org.au

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