



- ❖ [Motivating Moves for People with Parkinson's](#)
- ❖ [How to order a videotape or DVD of Motivating Moves for People with Parkinson's](#)
- ❖ [What People Say about Motivating Moves ®](#)
- ❖ [About Janet Hamburg](#)
- ❖ [Workshops, Lectures, and Presentations](#)
- ❖ [Parkinson's DVD Sampler](#)
- ❖ [Motivating Moves Web Links](#)

## Welcome to Motivating Moves ®

**Motivating Moves** is an approach to exercise that emphasizes coordination, balance, flexibility, postural alignment, diaphragmatic breathing, spatial awareness and dynamic movement range.

Motivating Moves teaches you how to improve your strength and reduce your risk of injury. Exercises in Motivating Moves require coordinating movements of the upper and lower body and right and left sides. The movements are varied in tempo, spatial direction, dynamic qualities, complexity of phrasing, and according to which body parts are most active. This variation is intentional; it provides recuperation.

Movement sequences in Motivating Moves programs are based on the movement theories of Rudolf Laban and Irmgard Bartenieff. Laban had a holistic theory of movement that acknowledged a relationship between stability and mobility, exertion and recuperation, the body and the mind. Bartenieff, a physical therapist and protégé of Laban, developed a series of basic movements called Bartenieff Fundamentals, which she viewed as the building blocks of all coordinated movement. Bartenieff's Fundamentals emphasize where movements initiate in the body and other body-level connections. She first applied these in therapeutic work with polio patients in the 1940s and '50s and with children with disabilities. Visit [www.limsonline.org](http://www.limsonline.org) for more information about Laban and Bartenieff.

**Motivating Moves for People with Parkinson's**, available in DVD and national and international videotape formats, received the 2005 University Continuing Education Association Outstanding Noncredit Program Award, the 2005 Association of Continuing Higher Education Creative Use of Technology Award, the 2005 Association of Higher Continuing Education Region 8 Exceptional Noncredit Program Award, and the 2004 University Continuing Education Association Great Plains Region Innovations and Contributions Award.

"I highly recommend Janet Hamburg's *Motivating Moves for People with Parkinson's*. Janet is a gifted teacher and she has created an inspiring video that is not only for people with Parkinson's but also for caregivers and anyone interested in a life-affirming approach to healthy exercise. It is the only exercise video I've seen that speaks to the whole person."

Harriet Lerner, PhD, author of [The Dance of Anger](#)

"Earlier this month at the National Press Club in Washington...Hamburg said, 'It's enlivening...People [with Parkinson's] who have been robbed of a unique sense of rhythm, timing and phrasing in their everyday actions can take pleasure in moving again... and they have a great time.'"

*Working it Out New program helps people with Parkinson's disease come alive* by Stefanie Kurtz, ADVANCE for Physical Therapists and PT Assistants, February 28, 2005, vol. 16, issue 6, page 51

❖ [E-mail Janet](#) | [Download a printer friendly version of this page.](#)