



**Motivating Moves<sup>®</sup>**  
for People  
with Parkinson's

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## Motivating Moves for People with Parkinson's

### Motivating Moves for People with Parkinson's

A seated exercise program created by Janet Hamburg with music by longtime Juilliard composer and pianist Robert Abramson, available on DVD and video.



Janet Hamburg

*Motivating Moves for People with Parkinson's* is distributed by the [Parkinson Foundation of the Heartland](#). The program was originally co-produced with the Parkinson's Disease Foundation in New York City.

Also recommended by

- The National Parkinson Foundation, Miami, Florida
- The Struther's Parkinson's Center, Minneapolis, Minnesota
- The Parkinson Foundation of the Heartland, Overland Park, Kansas

A pilot research study showed that participants using this program significantly improved in balance and mobility and in activities of daily living and quality of life measures. The results of the study were presented at the 2008 Movement Disorder Society's International Congress.

"Seated exercise program benefits people with Parkinson's, American pilot study reveals": article in the European Parkinson's Disease Association Plus quarterly, Winter 2008.  
[http://www.epda.eu.com/pdfs/epdaPlus/issue\\_09.pdf#page=3](http://www.epda.eu.com/pdfs/epdaPlus/issue_09.pdf#page=3)

Winner of the 2005 Outstanding Noncredit Program Award, the top national award by the Washington, D.C.-based University Continuing Education Association.

This is a unique program of 24, short, stimulating exercises for people with Parkinson's. They address typical challenges of Parkinson's such as balance, flexibility, walking, posture, breathing, vocal range and facial expression.

You don't have to have Parkinson's to benefit from these exercises. They're good for anyone interested in exercising while seated in a chair. Caregivers and friends have found this program to be beneficial and enjoyable, as well.

The DVD/video features three color-coded sections for easy cueing:

- How to Do Motivating Moves (45 minutes)**
- The Exercise Class (36 minutes)**
- Practical Tips for Daily Living (4 minutes)**



The music was composed and performed by pianist Robert Abramson, an internationally recognized master teacher of Dalcroze Eurhythmics and longtime faculty member of the Juilliard School in New York City.

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