



Motivating Moves[®]
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 with music by Juilliard composer and pianist Robert Abramson, available on video and DVD.

Executive Producer: The Parkinson's Disease Foundation, New York City



Producer: Janet Hamburg

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

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 especially for people with Parkinson's. The exercises will improve your breathing, flexibility, sense of balance, vocal range, and more.

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 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 on the faculty of the Juilliard School of Music. For more information, visit www.dalcrozeinstitute.com

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