



❖ **Motivating Moves for People with Parkinson's**

**What People Say about Motivating Moves ®**

*Janet Hamburg teaches classes and workshops for adults of all ages. Watch for the release of her upcoming video/DVD.*

❖ **How to order a DVD or videotape of Motivating Moves for People with Parkinson's**

**Motivating Moves for People with Parkinson's**

"Exercise is critical to the overall care of a patient with Parkinson's. This video meets the needs of a Parkinson's patient because it concentrates on stretching and balance. It also provides extremely helpful tips on mobility. The video is upbeat and inspiring as well as educational. Janet Hamburg's expertise and excellent teaching skills put this video at the top of the class."

❖ **What People Say about Motivating Moves ®**

*Lucien Côté, MD, Neurologist and Parkinson's Specialist  
Columbia University Medical Center, New York City.*

❖ **About Janet Hamburg**

"The combination of a really good leader — Janet contributes enormously to this — and the sequences matched to the music may motivate people to be more faithful about doing this than other kinds of exercise they've been assigned to do."

❖ **Workshops, Lectures, and Presentations**

*Ruth Hagestuen, Director of Field Services  
National Parkinson Foundation, Miami.*

❖ **Parkinson's DVD Sampler**

"I greatly enjoyed your presentation at the World Parkinson Congress and found your materials 'spot on' for PD patients. My own dad, who has PD, along with my mother and I did the exercises together and were very pleased with the format and clear instructions."

❖ **Motivating Moves Web Links**

*Katrina Gwinn-Hardy, MD  
Neurologist and Movement Disorders Specialist*

"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, psychologist and author of [The Dance of Anger](#)*

**Comments from participants who took Janet Hamburg's Motivating Moves for People with Parkinson's exercise classes:**

"I have less stiffness and my balance has improved. My energy level is improving."

"I did not know I could work up a sweat sitting in a chair, but you can."

"I've been having fewer stiff neck attacks. The shoulder exercises have reduced the pain I normally have."

"I'm more aware of my feet when I'm walking and just standing."

"I have felt generally more relaxed and less apprehensive and tense."

"I notice that I have high energy during the exercise class."

"My body is more limber, not as stiff in the mornings."

"My ability to rise from a seated position has improved."

"My rotator cuff injury is much better after doing these exercises. I also feel more limber in my joints."

"My leg cramps are lessening in frequency."

"I'm more aware of my extremities during daily activities."

"I find it easier to turn and look while backing out of a parking space."

"After each class, different parts of my body seem to feel awake."

"My speech therapist notices less facial mobility when I haven't done the 'Silly Faces.'"

"The 'Finger Talking' has maintained my coordination."

"My body feels good afterward."

"The walking and swinging arms exercise has helped my balance."

"I am more aware of the movement of my body and where my body parts are. I've also noticed increased flexibility and range of motion."

**Comments from participants who took Janet Hamburg's Motivating Moves exercise classes:**

"I feel more awake and alert, more positive after doing the exercises."

"My body movement seems more controlled, more balanced."

"I have more energy throughout the day."

"I think I move more quickly and easily."

"I notice that I'm standing in a better position."

"I have more flexibility in my knee and hip joints."

"I am getting up and down more easily."

"I'm more aware of walking properly, not bent forward, swinging arms."

"I've found it easier to breathe deeply."

"It loosens me up for the rest of the day."

"Stretching has helped my sleeping."

"My knees are better, less pain."

"The sliding foot movement helped with chemo-created problems. I have got more feeling in my feet now."

"My back and hip doesn't pain me as much as before."

"I loved the program. It has made me more aware of my posture. The exercises made me more aware of my feet on the floor, which I think helps stability and balance."

"I'm more aware of the way I stand, sit, and move."

"My walking improved."

"I had soreness and stiffness in my right shoulder. The exercises helped it tremendously."

"It was addictive, something you want to do again."

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