

10. Exercise. An essential mantra for Parkinson's should be *"Exercise is Medicine."* What is important to understand is that what was once shown in animal models of Parkinson's has been extended to humans with Parkinson's. Exercising often is best, but exercising some is still okay, and both are far better than not exercising at all (**NOTE: Please consult with your Neurologist before starting any exercise program**).

"It's a lifestyle, it's something you do the rest of your life," LaLanne said. "How long are you going to keep breathing? How long do you keep eating? You just do it." Jack LaLanne

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." Lou Holtz

"Do not let what you cannot do interfere with what you can do." John Wooden

"Patients should have rest, food, fresh air, and exercise – the quadrangle of health." William Osler

"Lack of activity destroys the good condition of every human being" Plato

"Exercise of the muscles keeps the body in health, and exercise of the brain brings peace of mind." John Lubbock

"Your muscles know nothing. It's your brain. Exercise is something you've got to do the rest of your life. It's a lifestyle. Dying is easy. Living is a pain in the neck. You've got to work at it." Jack LaLanne

"Your age is the sum total of your physical condition, the condition of your mind, and how you feel." Jack LaLanne

"The reason I exercise is for the quality of life I enjoy." William H. Cooper

"It is not by muscle, speed, or physical dexterity that great things are achieved, but by reflection, force of character, and judgment." Marcus Tullius Cicero

"Commitment is a muscle. The more you use it, the stronger it gets." Chalene Johnson

"It is exercise alone that supports the spirits, and keeps the mind in vigor." Marcus Tullius Cicero

"I do it as a therapy. I do it as something to keep me alive. We all need a little discipline. Exercise is my discipline." Jack LaLanne

"Exercise is labor without weariness." Samuel Johnson



*"Find some exercises you like, make it a routine.
Find others who like what you like, makes it more fun.
Your life with Parkinson's is different now, but it can still be good.
Your life now with exercise will improve your outlook on life.
Your life now with exercise is just so much better than without it."
Frank C. Church*