



# The High Intensity Training for Parkinson's Disease (HIT -PD) Program offered by Spaulding Cape Cod

The program was developed in 2015 based upon the current research showing the effects that exercise had on people living with mild stage Parkinson's disease. This HIT class is geared towards high functioning, and newly diagnosed patients, and has been showing statistically significant data in regards to improving mobility, strength, endurance, balance, and cognition for patients.

## CLASSES INCLUDE:

- Dynamic warm up and cool down
- Exercises focused on improving gait dynamics
- Agility and balance exercises
- Exercise stations to build strength in upper extremities, core and lower extremities
- Stretching exercises
- Exercises to help improve posture
- High — intensity, non-contact boxing drills to increase stamina and speed of movement
- Exercises modified to meet individual needs, physical limitations, and medical conditions

## WHEN

90 Minute sessions.  
Participants meet **TWICE**  
weekly for 6-weeks.  
5 sessions offered yearly.

## WHERE



CHATHAM, MA  
Commerce Park  
11 Chicks way  
South Chatham, MA

## TO REGISTER

This is a self-pay program.  
A free screening is required  
before participation.  
Space is limited.

**FOR INFORMATION**  
Please call 508.240.7203

Find us



[www.spauldingrehab.org](http://www.spauldingrehab.org)