



HOW TO GET STARTED!

Hello and welcome to the opportunity of a lifetime, the chance to do your part in living well with your chronic illness/physical challenge(s). Together as a *team* we can and will achieve many great things just by starting off with two of the most important ingredients, your desire and my expertise. I hope you are as excited as I am!

The following information is a summary of how to get started.

Getting Started Check-list

- **Consultation** – First in-person meeting with Joe to learn all about what **FIT FOR YOU** has to offer and the many benefits you can expect to receive and enjoy. An information packet is given to you for your review and your questions are welcomed for discussion.(Consultation Fee is \$25.00) –
- **Health History Questionnaire** –This form needs to be completed in its entirety, signed and dated by you and returned with physicians approval form.
- **(Nutritional Consulting)** is available and an important component to your overall health and wellness. In some instances poor dietary habits can reduce the efficacy of your prescription medicines. Healthy supportive eating increases energy and improves physical well-being. Feel free to ask for more details.
- **Physicians Approval Form** – This form must be signed by your doctor prior to the start of any program involving exercise and submitted to Joe Green of Fit For You.
- **Information & Agreement Form** – This form is your contract. It must be read, signed and dated by you prior to starting. There is also a section that reviews payment information and other important details. Any questions, feel free to contact Joe at (717) 579-8257.

-Return Information - The Health History Form, Physicians Approval Form and the Information & Agreement form all must be turned in to Joe prior to the start of your program. Your information can be mailed to: Joe Green, P.O. Box 60322, Harrisburg, PA 17106 or faxed to (717) 545-2595.

“You are now on the road to living well with Parkinson's”

***Any questions, you are more than welcome to call at anytime (717) 579-8257.*

Parkinsons-What is it?

Parkinsons disease is a progressive brain disorder that affects a group of cells called the substantia nigra in the mid-brain. These are the nerve cells that control muscle movement. It usually affects people over age sixty, but about ten percent of its victims are under forty years old. **Parkinsons** is named for Dr. James Parkinson of London, who first described the condition in 1817. There is some debate in the medical community over what exactly causes this illness. Many agree, though, that genetic factors are partially responsible. Others cite environmental toxins as a probable cause. In the course of **Parkinsons** disease, the degeneration of the brain's cells reduces the production of a chemical called dopamine in the brain. This causes the classic symptoms, which include: tremors, slowed movement and response time, limb stiffness, and balance problems.

Parkinsons-What is its Course?

Parkinsons progresses slowly; symptoms usually begin in a single extremity on one side of the body. Initially, the symptoms tend to be noticeable but not disabling. Over roughly a decade, symptoms increase and progress to the other extremities. As it advances, additional signs of the disease become prominent. These advanced-stage symptoms include depression, sweating, constipation, incontinence, and difficulty sleeping. Ultimately, people with this illness have difficulty performing everyday tasks, and most patients require in-home daily assistance of some sort. However, with appropriate medication, **Parkinsons** patients can lead full and productive lives for many years after the initial diagnosis. At present, there is no cure for Parkinsons disease.

Parkinsons-What Treatments are Available?

In treating Parkinsons, medications have proven very effective. There are various forms and dosages of medications, but most seek to restore the balance of dopamine levels in the brain. These drugs can significantly inhibit **Parkinsons** symptoms, but they cannot halt the progress of the disease. In addition to medication, patients use *exercise* to control their symptoms. Stretching exercises are especially effective. Another benefit of exercise is that it seems to regulate the body's response to dopamine. Similarly, patients claim that regular sleeping patterns help to control the tremors and stiffness; this might be because the brain recharges its natural dopamine levels overnight.

Parkinsons-Research and Further Information

Many organizations are currently researching the causes of this illness. These tend to focus on potential genetic causes as well as the impact of environmental toxins on the brain. Several initiatives are actively seeking a cure and more effective treatment options for **Parkinsons**. If you are interested in learning more about **Parkinsons** or participating in research studies, the National Parkinson Foundation, Inc. can provide further information. Additionally, the American **Parkinsons** Disease Association is committed to informing the public about **Parkinsons**.