

The book was found

# Delay The Disease -Exercise And Parkinson's Disease (Book)



## Synopsis

David Zid, an ACE, APG certified trainer, has collaborated with orthopedic surgeon, Thomas H. Mallory, M.D., who is afflicted with Parkinson's disease, and Jackie Russell, RN BSN CNOR, in the development of a Parkinson's specific fitness program designed to proactively minimize tremors and improve flexibility, stability, balance and strength. This program empowers the person with Parkinson's Disease to take control, helps with maintaining independence, and provides hope! Delay the Disease contains colorful photographs of Zid demonstrating each move, as well as recommendations for exercise frequency, modification and how to adjust the workout as one improves. Parkinson's patients participating in Zid's fitness program notice improvement in walking, dressing and maintaining balance. Exercises are divided into categories (wake up call, walking and balance, cardiovascular, strength, facial and vocal, and night-time stretching).

## Book Information

Spiral-bound: 70 pages

Publisher: David Zid; 1st edition (March 15, 2007)

Language: English

ISBN-10: 1424332087

ISBN-13: 978-1424332083

Product Dimensions: 0.8 x 7.5 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (63 customer reviews)

Best Sellers Rank: #56,261 in Books (See Top 100 in Books) #13 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease #57 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #125 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## Customer Reviews

My husband is in the early stages of Parkinson's Disease. His neurologist suggested that he begin these exercises & also that he begin riding an exercise bike, set on no resistance, for 80-90 RPM, for at least 15 minutes, 6 days a week (this is an exciting study that is proving to help relieve some PD patients' symptoms)Not knowing if there was a difference between the book & the dvd, we purchased both Delay the Disease -Exercise and Parkinson's Disease & Delay the Disease Exercise and Parkinson's Disease DVD. My husband has since learned that he didn't need the DVD. The book's photos and instructions are clear enough for him to understand. If you'd rather

watch & exercise along, the DVD is the best choice for you. The book is spiral bound and lays flat; you can easily see the photos & read the instructions as you exercise. The DVD is nice because the exercises are performed outside. You can follow along with David Zid, a professional fitness instructor. When David Zid researched exercise & PD, he found only a few basic exercises had been designed for the PD patient. He knew that he could help PD patients and developed this exercise plan. Exercise Options This book is broken down into several sections. I'll try to summarize: Wake Up Call, Walking & Balance Drills, Cardiovascular Exercise, Strength Training --Workout with weights, Non-weight (Core) Days--. Facial & Voice Exercises, Night Time Stretching.

[Download to continue reading...](#)

Delay the Disease -Exercise and Parkinson's Disease (Book) By David Zid - Delay the Disease: Exercise and Parkinson's Disease (Spiral Bound) (3/16/07) Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice The Book of Exercise and Yoga for Those with Parkinson's Disease: Using Movement and Meditation to Manage Symptoms Adult Incontinence: Pelvic cures - A Guide to delay incontinence onset, home remedies to improve urinary retention (Disorders that affect daily living, ... disorders, urinary disorders Book 1) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Belly Fat Gone!: Surgical options for removal of lower belly fat & stretched skin when diets & exercise fail (When Diets and Exercise Fail Book 1) C I P R O (Ciprofloxacin): Treats Bacterial Infection and Certain Types of Urinary Tract Infection; Prevents Plague, Tularemia, and Anthrax of the skin or mouth, and may delay symptoms of Syphilis Winning Your War on Diabetes: How to Prevent, Delay, and Control Type 2 Diabetes Delay and Disruption in Construction Contracts (Construction Practice Series) Delay Fault Testing for VLSI Circuits (Frontiers in Electronic Testing) A Dangerous Delay: The cost of late response to early warnings in the 2011 drought in the Horn of Africa Slow Grows the Child: Psychological Aspects of Growth Delay Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Osteoporosis: How To Treat Osteoporosis- How To

Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines)

[Dmca](#)