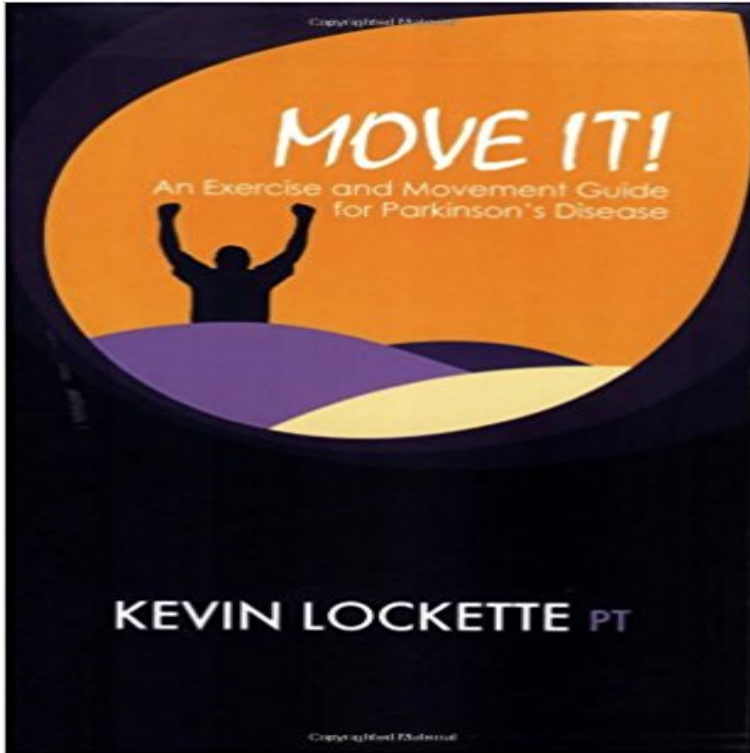


# Move It! An Exercise and Movement Guide for Parkinsons Disease



Move It! is an indispensable guide for individuals with Parkinsons Disease and their caregivers. Move It! is the first publication of its kind! It is a complete movement, exercise and resource guide for people with Parkinsons Disease. The book includes:

- Overview of physical symptoms;
- Medication review in easily understandable terms;
- Techniques and tricks for improved mobility including bed mobility, transfers, & walking;
- Anti-freezing techniques that really work;
- Adaptive devices for easier everyday living;
- Complete exercise programs specific for Parkinsons Disease;
- Exercise programs for all physical levels (beginner, intermediate and advanced);
- Complete guide and exercise program for flexibility;

And much more!

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