



Punchin' Parko's Exercise Program

Combatting excuses for NOT joining Punchin' Parko's Exercise Program

1. It looks like fun but I'm too old

You're never too old! People from early 20's to over 90's can participate, subject to your doctor's approval.

2. I'd like to try it but my doctor does not recommend it

That's pretty rare! Perhaps your doctor doesn't understand the program. We will gladly discuss it with your doctor. Research is increasingly showing the huge benefits that exercise programs such as PPEP deliver in a relatively short period to People with Parkinson's (PwP's). In fact, there is a growing number of specialist neurologists who prescribe exercise such as PPEP immediately after diagnosis and before medication is introduced.

3. I don't like exercise, it's too hard

Many people don't like to be taken out of their comfort zone. However, which sounds like the better option?

Living the rest of your life, 24/7, shaking, shuffling, "freezing" whilst walking, falling, mumbling and talking softly, ending up in a wheel-chair, withdrawing from the world and your social life etc.?

OR

Giving yourself a little push and stepping outside your comfort zone a couple of times a week for about 90 minutes per session. Mixing with people who understand what you are going through on a day to day basis and fighting back against a sinister foe, and enjoying the benefits such as the easing of many of your symptoms allowing you to live more comfortably day to day.

"Use it or lose it!"

4. I am afraid my heart won't take it

We understand your concern. Your doctor will advise you about this. But, even if you have some heart disease, exercise is usually beneficial. And for your own peace of mind, all trainers have qualifications in First Aid and know how to operate a defibrillator, which we have on site.

5. Boxing! I've always hated boxing

PPEP is NOT BOXING as you know it. There is no combat or physical contact between participants. PPEP is a program of exercises based on how an athlete would be trained to become a boxer. Recently, 60 sports were analysed for degrees of difficulty, skill and demand and the clear winner was boxing! The only thing hurt will be PD itself. You are not taking this disease lying down. You are going to fight back. You are taking responsibility for yourself.

6. I'm not going to hit anyone or let them hit me

There will be a lot of hitting during each session, but you won't be hitting anyone and no one will hit you. You will be hitting punch bags, of different shapes and sorts, hand-held pads and other equipment found in a boxing gym. You will wear proper boxing gloves.

Experience has shown this part of each session is the most enjoyable by the PP. As well as giving you wonderful exercise physically, you will get a lot of mental benefits as hitting an inanimate object relieves tension, frustration and anger.

There are so many positives about this program... Give it a try, for your own sake.

7. What if I don't like it?

PPEP is not for everyone. If after a reasonable trial, you decide not to continue for any reason, you can stop. There may be other sports you can try. PPEP will give the best results in a shorter time-frame than any other sport.

8. My Pd is too advanced for anything to make any improvement

Everyone who participates and puts in effort should experience marked improvement in many of their symptoms. Remember, you will see more benefits from it, the more effort you put into it. You will be exercising with people at your level. But, bear in mind, PPEP or any other exercise program is not a cure for PD. It is a fun way of helping to reduce some of your symptoms which will make day-to-day living easier

9. I won't know anyone and will feel embarrassed

Many new gym starters feel the same way, but, you will be pleasantly surprised how easily you will slide into the sessions and make a host of new, empathetic friends, from the coaches and staff to fellow boxers.

Bonus - your carer or second will also make new friends with fellow carers and can share problems etc when you meet at the gym. Seconds may join in and participate in any class at no charge, but must attend to their boxer when required.

10. But you're located in Chatswood and I live many kilometres from there.

VT1 Academy is the first site for the PPEP. As the program gets known, other sites will open, hopefully near wherever you are living. This won't happen overnight. But remember, if you really want to improve your well being, even though the distance is significant, what better way could you spend your time than investing in your own well-being? And even though we advise 2 sessions each week, doing 1 will be better than doing none.

12 I don't have a car and it would be difficult for me to get there.

For those with mild symptoms and who can catch public transport, there is a bus stop just outside the gym. If you can't catch a bus, let PPEP know and we will try to find a car-pool for you.

If you have any further queries or hesitations, feel free to contact us.