



## Park Activities for PARKINSON'S

# 12 Challenges & Solutions

Try these outdoor exercises that help improve movement, posture, and balance for those living with Parkinson's disease.

**Asbury SeniorScapes at Monocacy Village Park**  
409 Delaware Road  
Frederick, MD

### CAREGIVER TIPS

- Encourage effort, not perfection.
- Combine movement with conversation or music.
- Offer a steady hand — but let them lead.
- Take breaks in shaded areas to rest and hydrate.
- Celebrate small wins and enjoy the outdoors together!

SeniorScapes.org

### STEP LENGTH

USE THE UP AND GO.

Time yourself: rise from the seat, walk around the post, and back to the seat.

### SLOW MOVEMENT

PICK UP THE PACE!

Use the bikes or timed laps to build speed and endurance.

### THRESHOLD CROSSINGS

PRACTICE STEPPING OVER.

Use ramps or textured paths to stay confident crossing surfaces.

### STOOPED POSTURE

LOOK UP AND LIFT!

Search for birds or sky objects to open your chest and stand tall.

### BALANCE PROBLEMS

PLAY ON UNEVEN GROUND.

Try the log bridge, surface challenge, or heel-to-toe steps in the parallel bars.

### PULLING PATTERNS

PUSH, DON'T PULL.

Use chest and leg presses to retrain strength and control.

### LEG WEAKNESS

NOSE OVER TOES.

Lean forward before standing; try squats or step-ups for strong legs.

### TREMORS

BUILD STEADY POWER.

Do resistance exercises to boost coordination and muscle control.

### STIFFNESS

STRETCH OFTEN.

Use the Flex Wheel, bars, or step station for trunk and calf stretches.

### DYSREGULATED RHYTHM

FIND YOUR BEAT.

Play music at the Outdoor Symphony to move with rhythm and focus.

### LOW SPEAKING VOLUME

SPEAK UP!

Practice projecting your voice outdoors — it's your open stage.

### TEMPERATURE REGULATION

STAY COOL, STAY ACTIVE.

Use shaded benches and take breaks when needed.