

# Benefits of Adding Boosts to Exercise

## Information for People with Parkinson Disease

### Breath Boosts

Improve basic breathing

How PD impacts breathing

- Rigidity can decrease lung expansion
- Dysfunction increases fatigue with daily activities

Breath control:

- Is necessary for communication
- Plays a pivotal role in swallowing
- Is directly associated with posture

Better breath control:

- Helps you breathe efficiently and effectively
- Better coordination can decrease swallowing difficulties
- Can increase relaxation



### Voice Boosts

Your voice is also controlled by muscles

Adding voice work to exercise:

- Increases motor system activation
- Provides an internal cue to and helps with focus
- Can increase cognitive load when combined with whole-body exercises
- Can improve pronunciation and understanding when in loud environments or while talking on the phone, as long as practice is done loudly, clearly, and with intention
- Is a way to add humor to workouts—rhymes and tongue twisters increase facial expressions and gestures



### Hand Boosts

Help keep hands feeling and working well

Adding hand work to exercise can:

- Combat micrographia
- Provide temporary relief of tremor
- Be added as multitasking for increased difficulty during exercise
- Support skills like:
  - ⇒ Eating with utensils
  - ⇒ Buttoning and zipping clothes
  - ⇒ Writing
  - ⇒ Texting and emailing
  - ⇒ Putting on makeup
  - ⇒ Shaving
  - ⇒ Using tools



### Eye Boosts

Your eyes help you to move better

Adding eye work to exercise can:

- Improve balance while turning, reaching, or walking
- Increase your awareness of your body in space—closing your eyes helps you use your other senses better
- Help you plan your movements and then follow through

