

EXERCISE & PARKINSON'S DISEASE

Circle the correct answer then place your completed quiz in the Suggestion Box by **26 May 2016** to be in the draw to win **Health Mates Sling Bag & Pedometer valued at \$31.**

Exercise is not a cure, but will help slow functional decline.

TRUE / FALSE

Exercise increases the fear and therefore risk of falling.

TRUE / FALSE

Individual's living with PD experience early physical and cognitive fatigue.

TRUE / FALSE

Using the treadmill can be dangerous, particularly for those with severe gait changes.

TRUE / FALSE

Recumbent bike, upright bike and 'Top' machine are suitable choices for exercise.

TRUE / FALSE

FULL NAME: _____

TELEPHONE _____