



# STERLING ESTATES

Senior Living Communities

## Parkinson's: Delay the Disease®!

Parkinson's disease is a neurodegenerative movement disorder that affects the daily lives of an estimated 1 million people. The exact causes of Parkinson's are still unknown, but it's believed to be a combination of one's genetics and environment. The main risk factor is age, which typically affects people over the age of 50. There are motor and non-motor symptoms for Parkinson's, with all symptoms varying from person to person. A common motor symptom associated with Parkinson's is a resting tremor. However, there are many other symptoms, including: rigidity, stiffness, slowness of movement, low voice, anxiety, sleep problems, and fatigue.

Even though there isn't a known cure for the disease at present, there is hope for those who suffer from Parkinson's. Research has shown, over and over, that exercise can help improve the lives of people with Parkinson's. Further, most all exercise can be beneficial: you just have to move – strength training, water aerobics, riding a bike, walking, Tai Chi, Yoga, boxing, dancing...everything helps! Those who exercise will likely see improvements in their symptoms and begin to feel better.

At Sterling Estates, we believe that “exercise is medicine.” We help our residents combat Parkinson's with many types of exercise, including our Delay the Disease® classes. Delay the Disease® is an evidence-based exercise program as designed by OhioHealth that helps to alleviate symptoms of Parkinson's and improve quality of life. This program provides hope and inspires people with Parkinson's to live their best life! Sterling Estates is the only community that is Delay the Disease® certified in the state of GA. We work closely with our residents and have seen remarkable improvements in their strength, balance, flexibility, and aerobic endurance. Most importantly, our residents feel better about themselves and are able to maintain their independence. Let's get moving!



Brought to You By Your Friends at Sterling Estates Senior Living Communities

### **Sterling Estates of East Cobb**

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