

Does Exercise Help Parkinson's Disease?



**We are looking for people with Parkinson's disease to study the benefits of exercise for:
fitness, walking, balance, and memory**

- Level of exercise is adjusted to *patient's level* of safety & fitness
- Treadmill walking exercise studied
- Memory testing studied
- Sessions are 3 times per week for 4 months
- Each session is about 1 hour
- Exercise performed with professional training and supervision
- Level of fitness and memory are measured before and after the program

Who is eligible for the study?

Must be diagnosed with Parkinson's disease

Where is the study being conducted?

**Veterans Affairs Medical Center
University of Maryland School of Medicine
Baltimore, Maryland**

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