



Hiking the North Country Trail

Powerful Movements for People with Parkinson's

"Big powerful movements are the key to a highly effective exercise program," says Dr. Sarah King, PT, from [Invigorate Physical Therapy & Wellness](#). Combine this key element with a solid and attainable goal, like the North Country Trail Association's (NCTA) Hike 100 Challenge and people dealing with Parkinson's can have a winning program for 2017!

Did you know that...

- ...hiking is often listed as a top exercise to consider?
- ...over 1,500 hikers completed the Hike 100 Challenge in 2016?
- ...North Country National Scenic Trail is the longest hiking trail in the US and runs right through West Michigan?

A New Partnership is Formed

Parkinson Association of West Michigan (PAWM) has teamed up with the NCTA's West Michigan Chapter (WMC) to promote hiking as opportunity for exercise. "The WMC is excited to be partnering with the Parkinson's Association to encourage accessibility and use of the NCTA trail" says Beth Keloneva, President WMC. Being recognized as a Hike 100 Challenger will further the incentive to get out and experience this National Scenic Trail! A PAWM hiker will also receive a commemorative patch.

Hiking with Trekking Poles

Many hikers pull out their trekking poles to leverage their hiking experience. For those with Parkinson's, this can have added benefits. It adds a safety component, and it strongly engages the movement of the arms. Using poles engages the whole body in a holistic cardiopulmonary fitness experience. Dr. King continues with the benefits of hiking for people with Parkinson's: "Your brain responds best to challenging, unpredictable and fun environments; it keeps you engaged and present, surrounding you with fresh air, beautiful scenery and often pairs you with your closest friends, even if its of the canine variety!"

How to get involved:

- 1) Connect with the NCTA and register for the 2017 Hike 100 Challenge on the NCTA website: www.northcountrytrail.org.
- 2) Confirm your involvement by sending an email with "I'm Doing It!" in the Subject Line, to the following email address: spoelymi@comcast.net.
- 3) On Facebook, LIKE "[Hiking for Parkinson's](#)" Page and stay connected.

Benefits of Trail Hiking

- Promotes Cardiopulmonary Fitness
- Positive Kinetic Experience
- Creates Variety in Tempo, Activity and Direction
- Increases Balance
- Offers All Difficulty & Challenge Levels
- Decreases Rigidity
- Exposure to Fresh Oxygen Promotes Brain Health
- Socially Invigorating



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