

**RESEARCH STUDY PROJECT: The  
Impacts of Exercise on Parkinson's  
Disease Symptoms  
Conducted by Winona State Students  
At ExercisAbilities  
Enrolling 3/10/2019  
Study start date 3/18/2019**

You are invited to participate in a study designed to investigate the effects of exercise on physical, mental, and behavioral health. We hope to learn if PWR! group exercise classes and motorized cycling are effective in improving muscular strength, body composition, cardiovascular health, balance and quality of life. We anticipate approximately 40 individuals will participate in the study. PWR! classes were designed specifically for individuals with Parkinson's Disease. The classes include strength exercises, cardiovascular movements, and flexibility work. The motorized cycle is a stationary bike that helps you pedal faster by using a motor.

**General Information**

The study will run for 6 weeks. The first and last of these weeks will be designated for testing, which will include tests for your muscular strength, cardiovascular health, body composition, and quality of life. The other four weeks will be when we ask you to participate in the different exercise sessions. We estimate participating in the study will require a total of 3 hours of your time for testing. If you decide to participate, you will be asked to attend four exercise sessions each week for six weeks. During the testing sessions, you will be performing a series of different tests, which will measure your balance, strength, endurance, and quality of life. You will perform a pre-test and a post-test. The testing sessions will be the same.

**Testing Days**

The testing days will include resting heart rate and blood pressure, a survey, body composition measurements, and a series of tests to measure your strength, agility, and balance. You should continue to take any of your normal medications throughout the testing and exercise sessions.

**What Will Be Assessed?:**

- *Heart Rate and Blood Pressure*
- *Quality of Life Survey*
- *Body Composition*
- *Balance Evaluation*

**What Will You Participate In?:**

You will be asked to participate in four weeks of exercise training. You will either attend 4 sessions of PWR! classes per week, or you will attend 2 sessions of PWR! and 2 sessions of cycling per week. In both cases, you will be performing four, one hour long exercise sessions each week. All of the exercise sessions will be performed at ExercisAbilities in Rochester, MN. All exercise sessions will supervised and administered by a trained exercise technician or a certified exercise physiologist.

**Will The Study Cost Me Anything?**

There is no cost to you to participate in the study. If you have Silver Sneakers or Silver and Fit, we will ask for you to register with this program.

**Who To Contact**

For questions or to enroll in this research project, contact Justin Geijer at 507-457-5205 or via email at [jgeijer@winona.edu](mailto:jgeijer@winona.edu). For question about research subjects' rights or research-related injuries, contact the Human Protections Administrator Brett Ayers, 507-457-5519.

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