

I was diagnosed in May 2023 with Parkinson Disease. What a huge shock, but I have since read that approximately 38 people per month in Australia are diagnosed with this disease.

Following several visits to the neurologist I started my drug regime, one tablet three times a day. I have also increased my gym sessions from two to currently six sessions per week.

I have found this exercise enormously beneficial, in particular, Boxercise, Circuit training and Move and Groove. I understand that patterning type of exercise stimulates the brain as well as moving the body. I also visited a physio who specialises in Parkinsons for specific strengthening exercises which, with the assistance of the trainers, I do during my Strength for Life classes at the gym.

I have really appreciated the interest and guidance of the session leaders at the Blackwood Rec Centre.

On my last visit to my neurologist in May 2024, he was quite surprised to see that my symptoms had improved and has consequently moved my appointments to every six months rather than every three months. He is confident that the added exercise has helped me, and in his words: “keep doing what you’re doing”

Obviously, I was very, very happy to see that all my efforts were helping and hope that I can continue with the gym work for the long term.

Recent research into exercise and in particular boxing has revealed that it plays a substantial role in delaying the effects of ageing and progression of Parkinsons, and improves general well-being. An increasing portion of the population is over sixty and we rely very much on low-cost programs such as that provided by the Rec Centre.

The sense of community which the Rec Centre offers is amazing to my wellbeing. I have greatly appreciated the support from the social contacts that I have made at the gym, coffee and chats following our classes and group lunches several times per year.

Karel