

PARKINSON'S SPECIFIC EXERCISE

WHAT IS PD WARRIOR®

The home of Parkinson's
Exercise | Education | Community



In-person and online exercise rehab programs to slow your Parkinson's symptoms



Educational webinars and annual INSIGHT conference to understand your journey with Parkinson's



Join a thriving global community uniting Warriors to share their PD stories, and goals



FOUNDATIONS

Dr. Melissa McConaghy, Specialist Neurological Physiotherapist and author of the Amazon best-seller *The New Parkinson's Treatment: Exercise is Medicine*, created the innovative PD Warrior® program that leverages neuroplasticity to re-train the brain and establish lifelong healthy behaviours.

PD Warrior® has been taught to thousands of health professionals worldwide and is licensed in nine countries. Look for this badge when choosing a qualified health professional.



KEY BENEFITS

Increase activity levels, foster long-term exercise habits and regain confidence to get back into life.

You can expect

- ✓ **Enhanced Mobility:** Make daily activities easier and more manageable
- ✓ **Improved Balance and Coordination:** Reduce the risk of falls
- ✓ **More Flexibility:** Alleviate stiffness and improve range of motion
- ✓ **Greater Fitness and Endurance:** Improve overall fitness and stamina
- ✓ **Better Moods:** Boost your mood and confidence, and reduce anxiety
- ✓ **Real-life Achievements:** From buttoning a shirt, to travelling alone — Reduce falls, become more active, and improve walking ability



PROGRAMS

Choose from a range of programs and membership options, tailored to your Parkinson's symptoms, lifestyle, location and budget.

- ✓ **PD Warrior[®] Plus:** The largest online Parkinson's exercise community with hundreds of workouts and educational resources.
- ✓ **10 Week Challenge:** An intensive rehabilitation program available online or in-person, aimed at slowing Parkinson's symptoms.
- ✓ **Groups or Circuits:** Small and intensive in-person classes led by PD Warrior qualified coaches in our licensed facilities.
- ✓ **Live Classes and Private Coaching:** Personalised neuroactive exercise programs tailored to your individual goals and symptoms.



PD WARRIOR HAS HELPED THOUSANDS:



PD Warrior changed the way I approach my Parkinson's. It's not just exercise; it's a lifestyle shift. **JOHN D.**



I never knew exercise could make such a difference until I joined PD Warrior . I feel stronger and more empowered every day. **SARAH M.**



I noticed an improvement in my balance and reduction in my tremor three weeks after starting the 10 Week Challenge. **MARY S.**