

About PD Warrior - Copy Blurbs

SHORT

PD Warrior is a pioneering exercise program for people with Parkinson's.

Grounded in neuroscience, it uses specific, high effort movement to rewire the brain, improve function and build confidence. With programs delivered globally by trained clinicians, PD Warrior helps people with Parkinson's move better, think sharper and live braver.

Ideal for: Website intros, clinic flyers, short descriptions or social bios.

MEDIUM

PD Warrior is the original evidenced-based, neuroactive exercise program designed to help people with Parkinson's live their best life.

Developed by specialist physiotherapists, PD Warrior combines high-effort, skill-based exercise with education, motivation and community support. The program is grounded in the science of neuroplasticity - the brain's ability to rewire and adapt. Through the signature 10 Week Challenge and ongoing classes, PD Warrior empowers people with Parkinson's to slow functional decline, improve movement and rediscover confidence, strength and independence.

Ideal for: Licensee websites, brochures and partnership proposals.

LONG

PD Warrior is a global leader in Parkinson's-specific exercise and education.

Founded by neurological physiotherapists, PD Warrior transforms the way people with Parkinson's manage their condition - shifting the focus from symptom management to functional improvement and hope. The program is built on the principles of neuroplasticity - the brain's capacity itself through targeted, complex, and meaningful activity. PD Warrior combines high-effort, specific exercise with cognitive challenge, motivation and community connection to drive real functional gains. Participants begin with an individualised assessment and are encouraged to join the signature 10 Week Challenge - a guided program that rewires movement and mindset. Then continue through maintenance classes and ongoing support to sustain progress and connection. Delivered by certified clinicians worldwide, PD Warrior is changing the global approach to Parkinson's rehabilitation - helping thousands of people live brave, active and independent lives.

Ideal for: Funding proposals, media releases, conference/ event materials or formal partnership communications.

