



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.

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



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.**

Start your 'Live Brave' journey today.
Scan the QR code to take the quiz to
discover your type of Parkinson's. Call or
email to learn more and book
an initial consultation



PARKINSON'S SPECIFIC EXERCISE



PDWARRIOR.COM