

**GUIDANCE NOTES**
**WEEK 1**

<b>WHAT</b>	<b>Introduction</b>
<b>WHY</b>	<p><b>Movement is medicine, and just like medicine, it should be taken every day.</b></p> <p>Exercise has so many benefits, but using the right movement <b>techniques</b> will help to improve your coordination and balance, posture and energy.... as well as your digestion, your breathing, and the important link between your mind, brain and body.</p>
<b>HOW</b>	<p>Think of creating a '<b>Movement Bank</b>' in your body.</p> <p>Every movement you perform in a day makes a deposit in your bank. The more movements you deposit, and the higher the <u>quality</u> of those movements, the more benefit you will feel.</p> <p>We will introduce you to 4 fundamental exercise routines – <b>Mobilisation, Resistance, Cardio</b> and <b>Stretching</b> – and explain how to get the very best from regular but varied exercise. You can view, and download, all the routines whenever you wish in the <b>Exercise Library</b>, together with printable guidance notes.</p> <p>We will highlight the importance of <b>Walking</b>.</p> <p>We will ask you to judge effort based on your '<b>Rate of Perceived Exertion</b>'.</p> <ul style="list-style-type: none"> <li>• When we ask you to work at a level 3 or 4 RPE, we mean 30 or 40% of your maximum effort</li> <li>• Level 6 or 7 = 60 or 70% of your maximum effort, but the level of exertion does not have to be exact.</li> </ul> <p>4D Life provides a <b>Road Map</b> to follow, not just on your own, but with family, friends and your professional supporters too. By viewing the videos together, you can then ask them to comment on your exercise technique, and you can share your progress with them too.</p>

**The World Parkinson Congress recommends at least 30 minutes  
targeted exercise every day.**