

PD Walking Program Resources

Indoor Walking:

- **Mall Walker Program:** Millcreek Mall has a program with more than 700 registered walkers! Join the mall walkers, and sign up today! Stop by the Mall Management Office between the hours of 8:30 a.m. and 5 p.m. Monday through Friday to register and receive your FREE walker pass. Mall doors open at the south entrance next to Boscov's Monday through Saturday at 7 a.m. and Sunday at 9 a.m. for registered walkers. All walkers must have their pass on them at all times for safety reasons. Walking has quickly become America's most popular form of exercise because it is safe, simple and inexpensive. Almost anyone can walk, regardless of age, lifestyle or physical condition. A regular program of brisk walking is beneficial in preventing or managing health problems. Join your friends and neighbors at Millcreek Mall for healthful walking at your own pace in climate-controlled comfort. You can increase your fitness in the company of your friends.
- **Local Gyms:** Check to see if your local gym has an indoor track. Many gyms have free memberships or reduced rates for seniors as part of their health insurance. The staff should also be able to tell you when the gym/track is less busy so you won't have to deal with a big crowd.
- **Grocery Store:** Why not take a stroll around the store? Walking is walking, and you can do some shopping too.

Outdoor Walking:

- **Greater Erie Regional Trails:** <https://erietrails.org/> This is an excellent website that provides information for different trails around Erie County. The site identifies restroom facilities, ADA compliance, provides directions, maps and additional amenities. Definitely check this site out before you head out for a walk in the area.
- **High School Outdoor Tracks:** check with your local school district to see if there are open times for you to walk the high school track. Typically tracks are in good condition, provide stable walking surfaces and there is usually ample nearby parking. Note: you will need to work around sporting activities and physical education classes.
- **Neighborhoods:** this is a given, but often the best place to walk is outside your front door. You won't get any more convenient than that.

Equipment:

- Be sure to read Tom's article on "Starting a Walking Program" for information on shoes and other recommendations to help you set yourself up for success.
- **Metronomes**—locally World of Music, 1355 West 26th St, stocks metronomes. There are also many free and low-priced apps that can be used on smart phones. Go to the App Store, Google Play or wherever you buy apps for your device.
- **Music:** You can listen to music while you walk using your cell phone or listening device. There are many music apps along with some apps that also help with pacing and gait

timing. There are even a few specifically for PD. Some of these are paid apps so be careful before downloading until you know the cost and use. (Parkinson Pod; Beats Medical Parkinson's App, Rhythm-Parkinson's)

- Pedometer: These devices are easy to find at many price points. There are free and low-cost apps that work with your cell phone or smart watches. Some insurance companies will also provide pedometers for free or for a low cost. You can also find pedometers on Amazon, at Walmart, sports stores etc. This is a great way to track your progress. We have a Walking Log that you can use to write down your progress so you can see how you're doing and stay accountable. Perhaps consider treating yourself to a small reward if you hit your goals.
- Walking Poles: there are many different varieties of poles at different price points. It is important that you find poles that work with your individual challenges, adjust to your height and are appropriate for the terrain you will be walking on. Activator Poles by Urban Poling is one brand designed by an OT and specifically address the needs of people with PD. For more information go to: https://urbanpoling.com/post_type_products/activator/ If there is interest, we can look into doing a group order to save money. Lynne has a set of these poles, if you'd like to see them and try them out.