

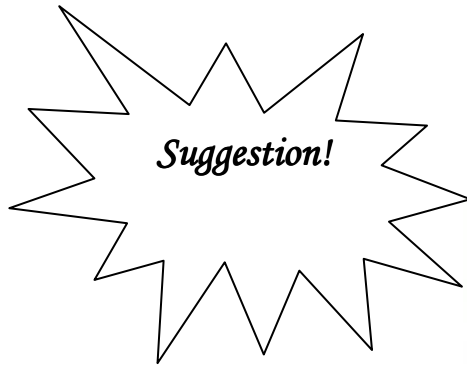
# Keep Yourself Active (Mind & Body)

**NOTE -** These skills should be modified to suit the individual. Some of the activities may need to be shortened or adapted in a way so that some form of fine or gross motor skill is being practiced each day

Keep a check of all of the activities you complete. Tick or stamp your completed activities in the boxes provided.

## Get Involved!

Fantastic monthly programs are available from your local library with many fun and interesting activities. Not only does it get you 'out and about' but most of the activities are ideal for helping with your fine motor skills!



### **I came across the ones below –**



- \* Jigsaw puzzle group
- \* Learn Origami
- \* Scrabble group
- \* BYO board game club
- \* Nutrition and ageing well talk

## Optical Illusion



**Usually when people look at this picture they can clearly see one image – either 'the father' or 'the son'.**

**Action:** Reach across your body using your right hand to touch your left knee. Then switch using your left hand to touch your right knee. Repeat this 'crossing' action twenty times.

Now try and switch your focus between the two images of 'the father' and 'the son'.



## Walking exercise

Walking is an important gross motor skill to master. Executing short distances properly allows the brain to concentrate for short periods and reinforce the correct technique.

**Find a stretch of ground that you feel comfortable walking on (approximately 20m in length). Mark your starting and finishing point. Count the number of steps it takes you when**

**1. Walking normally** \_\_\_\_\_

**2. Striding out** \_\_\_\_\_

**3. Walking normally** \_\_\_\_\_



**Ask someone to count your steps for you so that you can concentrate on walking!**

## Writing phone numbers

When asked to write down phone numbers quickly, they can sometimes be difficult to read. Copy the numbers below as quickly as you can, without losing legibility.

3 3 4 5 6 5 4 8 9 1 0 2 1 9 (rest)

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4 4 5 2 6 7 8 9 0 1 2 6 5 5 (rest)

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Now write down your phone number twice between the lines below.

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The weekly suggestions and general exercises outlined in this diary are designed to help you. They should not be used as a substitute for talking with your doctor and other physicians. Always talk with your doctor about diagnosis and treatment information first.

In special instances where other diseases are associated with parkinsonism, your physician may wish to limit the intensity of your physical activity. Conversely, more intensive physical therapy may be indicated and in some instances should be done under the direction of a physical therapist.

**CHECK  
FIRST!**

