



NONPROFITS // BY TERRY TROY

Get InMotion

Discover how you can support a local nonprofit dedicated to helping those suffering from Parkinson's disease.

Next month is your chance to support a totally unique nonprofit dedicated to helping the estimated 35,000 plus people in Northeast Ohio who have been diagnosed with Parkinson's disease (PD). On Sunday, Sept. 10, InMotion is hosting its signature fundraising event, the 7th Annual Pals In Motion 5K Run/Walk presented by the Allan Goldberg Family at Beachwood High School.

"Parkinson's disease is now the fastest growing neurological disorder in the world, surpassing Alzheimer's," says Cathe Schwartz, CEO of InMotion. "Typically, only people who are 65 or older get it, but there are now a lot of people who also get it when they are quite a bit younger."

Actor Michael J. Fox was diagnosed at age 29.

"A lot of PD patients are dealing with limited mobility," says Schwartz. "They may slow down or they may develop a tremor. Their speech is sometimes impacted, and their movements get noticeably smaller."

While there is currently no cure for this progressive neurodegenerative disease, a growing body of evidence suggests that physical exercise, mindfulness interventions and education can slow the progression of the disease and improve the quality of life.

"At InMotion, a lot of our exercise programs focus on making sure movements are big, steps are big and that you are swinging your arms when you walk," says Schwartz. "Balance and gait are also affected when you have Parkinson's, so we work on strengthening the body to deal with those issues as well."

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— Cathe Schwartz, InMotion CEO



While many PD patients see a movement disorder specialist and get the medication they need, they often are not getting enough exercise nor the basic day-to-day advice on how to live with the disease, or how to support anybody that is.

"You don't go to a doctor's office for exercise, you go for a hard diagnosis and medication," says Schwartz. "You come to InMotion for exercise."

"Every exercise class we offer at InMotion is evidence-based for people with PD."



Exercising at InMotion's 20,000 square-foot facility in Beachwood.

Better Every Day, InMotion's signature class, helps with balance, gait, movement, amplitude (big movements) and strength. Riding a spin cycle and pedaling at 80 to 90 revolutions per minute can help reduce motor symptoms in people with PD. While InMotion's Mindful Movement class helps with daily living tasks, balance, strength and stress, there are numerous other exercise and support programs as well.

InMotion was founded in 2015 by Karen Jaffe, MD; Ben Rossi; Allan Goldberg, Lee Handel and David Riley, MD.

"Each of our founders brings a unique perspective to the table when it comes to Parkinson's," says Schwartz. "Karen, Lee and Allan are people with Parkinson's, while Rossi is a wellness athletic trainer, and Dr. Riley is a movement disorder specialist."

"They came together with the idea of creating a center that is open to everyone and that could provide not only exercise, but support and education for people with Parkinson's as well as their care partners."

This idea is what makes it one of the most unique PD care facilities in the nation, says Schwartz. And it is totally free. InMotion is 100% supported by philanthropy and never charges its clients. ■