



Programs and Services

InMotion™ is a nonprofit, 501(c)(3) organization serving people with Parkinson's disease (PD) and their care partners. Through evidence-based exercise, expressive therapies, support, and education, our holistic, integrated approach has proven to enhance both mind and body. Our data show that in aggregate, people who participate regularly in our exercise programs can slow the progression of their disease.

InMotion's services are available at no cost to clients and are designed to complement the care clients receive from their healthcare team. We offer our onsite programs in one location, free of charge, and remotely via Zoom.

InMotion™ is funded through the generous support of foundations, businesses and individuals.

Physical Wellness

Better Every Day™ (BED)* is InMotion's signature exercise program. Classes focus on movement, function, mobility, balance, endurance, and strength. BED™ helps clients feel better every day by improving performance with daily tasks, building strength and confidence, and maintaining independence.

BED™ Cardio/Falls Prevention* includes principles of the BED® class with a more specific focus. It consists of two 30-minute segments: 30 minutes of physical activities promoting increased heart rate/endurance and 30 minutes of activities to aid in fall prevention.

BED™ Strength* focuses on 10-15 major muscle groups, resistance, speed and power through the use of weight machines, resistance bands, light and moderate hand weights and body weight.

BED™/Boxing* is a combination class of BED™ and Boxing. It focuses on balance, strength, reaction time, footwork, breathing and hand-eye coordination.

Bike & Box* is a combination class of Spinning, Boxing and Mindfulness. It focuses on cardio, the upper/lower body and concludes with a cool down exercise.

Boxing* helps improve movement, balance, strength and mental focus. No prior boxing experience is needed.

Drums Alive®* uses rhythm as the source of inspiration to discover a new group fitness experience. It combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially.

Spinning (Cycling)** is performed on a stationary bike and is designed specifically for people with Parkinson's disease. This class helps clients improve lateral stability, lower body power, balance, mobility, endurance and mental focus.

Healing Arts

Mindful Movement (Yoga) adaptive classes raise awareness of mindfulness and promote a sense of well-being. Clients learn how to adapt the movements learned in class to improve daily life skills. *Made possible by David and Gail Stein.*

Pilates / Pilates Strong* is an exercise system which increases strength, flexibility and coordination along with mental focus and the mind body connection. It focuses on improving core strength, while increasing flexibility and balance. Pilates Strong will include light hand weights for additional strength conditioning and Barre ballet movements.

Tai Chi helps improve balance and limits falls. This evidence-based program for people with Parkinson's disease fine tunes and recharges mental, physical and spiritual health.

Yes, I Can Move!™ (YICM) is based on the nationally-recognized Dance for PD® program, developed by the Mark Morris Dance Group and Brooklyn Parkinson Group in Brooklyn, NY. YICM™ helps clients increase range of motion, stretch and strengthen muscles, improve balance and coordination, and stimulate cognitive function.

*To learn more, make a referral or schedule an orientation, contact John Ambrose:
(216) 342-5784 or jambrose@beinmotion.org*



23905 Mercantile Road
Beachwood, OH 44122
(216) 342-4417
www.beinmotion.org



Programs and Services

Fit4You™ Intensive

Art Workshop helps improve fine motor skills and creativity. In class, you will be introduced to multiple fine art media, including oil pastels, watercolors, soft pastels, acrylics and mask-making. Mask-making has always been used as a therapeutic tool, assisting those who want to share experiences and feelings through symbol, metaphor and visual imagery. Clients are also encouraged to pursue other forms of collage and assemblage.

Brain Builder* addresses the non-motor symptoms of Parkinson's Disease including memory, attention, problem solving, and speed of processing. The Cognitive Stimulation Therapy model will be utilized to help maintain or improve thinking skills in a social setting.

Handwriting* is an 8-week class where participants will learn exercises and therapeutic strategies to improve handwriting fluency and legibility. Handwriting problems such as decreased letter size, amplitude and width, as well as problems with force, velocity and timing will be addressed.

LOUD Crowd® is a speech therapy group for any clients that have previously participated in speech therapy. This class focuses on the use of previously learned techniques to maintain speech clarity in a fun, social environment.

Melodica with Kevin will challenge your breath support, fine motor skills, and cognition, while you enjoy playing an instrument in a group. The melodica is a portable, lightweight piano keyboard that is powered by blowing air into a mouthpiece. Whether you are looking to rekindle your love of playing piano, or excited to learn for the first time, group Melodica class is an excellent opportunity to make music, have fun, and work on important life skills.

Music That Moves You is composed of a weekly singing group and drumming group, led by a board certified music therapist. The singing group gives clients the opportunity to sing, share, and discuss their favorite songs, while also practicing techniques to improve breath support, articulation, and posture. (*cont.*)

(*Music cont.*) The drumming group encourages participants to play a variety of instruments to address gross and fine motor skills, as well as challenge the brain with complex rhythms, improvisation and divided attention.

Say It Like You Mean It* focuses on maintaining breath support, swallowing, and speaking skills. This class is designed to incorporate exercises and activities to focus on maintaining your speech and swallow skills in a fun, interactive environment.

Think Loud* combines the cognitive exercises from *Brain Builder* and the focus on breath support, swallowing, and speaking skills from *Say It Like You Mean It* into one interactive class.

Education and Support

Ask the Expert is a monthly education series that covers topics related to Parkinson's disease, state-of-the-art research, and ongoing issues of concern.

PD 101 is a six to eight week education program based on curriculum developed by the Davis Phinney Foundation.

PD Cafés are small, informal discussion groups designed to help clients, and care partners, connect and share with others in the same situation.

Client Assessments

Every six months, we ask our clients to voluntarily participate in physical and quality-of-life assessments, which places clients into one of four color-coded levels, matching them with appropriate classes. Assessments also help clients track their progress and have constructive conversations with their healthcare team.

Research

InMotion™ conducts ongoing research that demonstrates the efficacy of exercise, movement and other therapies to manage and delay the onset of disease symptoms. These findings are shared globally with medical and other professionals involved in the treatment and care of Parkinson's disease.

^Research conducted by Jay Alberts, Ph.D. at the Cleveland Clinic demonstrates that people with Parkinson's disease experience a reduction in symptoms after completing an 8-week cycling program, including a decrease in tremors and an improvement in handwriting.

**Color coded by physical mobility level*

