



Beat PD Gets a Facelift

We launched our new web-site! You can get everything you need at one site and with one account.

It is a one stop deal! Things you can do on the web-site (<https://www.beatpdtoday.com/>) include: book a class, get contact info, purchase BPD items, buy a membership, see pictures of events, view recorded classes to do on your own, learn more about our Monthly Focus, get links to all our social and educational events, read the weekly updates, view your MindBody account. Please use the website as a resource before you call the office. We will keep it updated daily. Other places to get information are [Facebook](#) and [Instagram](#). We are excited to have all of these resources available to our members.

What Word Guides You?

I chose the word *allow* to guide me through 2021. For me, I need to *allow* myself to let go of control of some things in my life. I need to *allow* myself to sit down to read a book, or watch TV or do nothing! I must allow myself to grieve the loss of my brother, allow myself to cry, be sad and be angry on different days. I must *allow* myself to stop and smell the flowers. (too bad I wouldn't be able to smell them- haha! Get it?)

Setting some goals for the new year is always important. I thought about my word and how I need to put that into becoming a better person. I decided on two goals which I promise to myself to do. I wrote them down and put it by my bed stand to remind me each day. So far, I have been pretty good at implementing each goal into my day. I need to get better, but, I am "allowing" myself time to improve. It's a process. Change is challenging. I believe that life is a continuous journey of change and growth. That is what makes our world exciting. I,

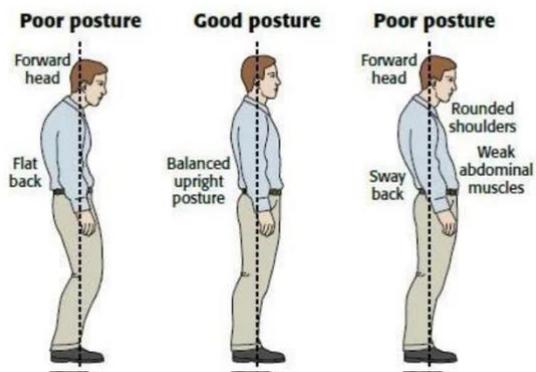
ask that you try this mini project. At whatever age you are in life, you can improve, grow, learn, be passionate, be inquisitive and enjoy. The choice is yours.



If We Know Why We Do It, We Do It Better

Remember when your parents said, "Just do it because I said so!" Did that help you do it any better or do it at all? Probably not. There are many different learning styles, but they all include the "why" behind the skill that you are learning. Our classes include Functional Interval Training, which means that each exercise has a "function" in our lives. Why do squats? We do them so we can get out of a chair, a car. Why do

we do speed skaters? We do them because they are a constant transition of your body weight in different directions. This skill is important for keeping our balance when we reach for something or get bumped by someone in a crowd. As we move through this month, we will continue to focus on posture and we will give you constant reminders to stand with your shoulders back and stand tall and proud. Notice we will perform many exercises that pull and squeeze the shoulder blades together. Let's see if our *Wall Angels* and *Back Pockets* get better this month. Make a promise to yourself to do these simple exercises once a day. Pick a time that will trigger your memory, such as right before you sit down for dinner, or when you take your morning meds, or set an alarm on your phone at a certain time each day. With a little effort, you've got this! Now stand tall and proud!

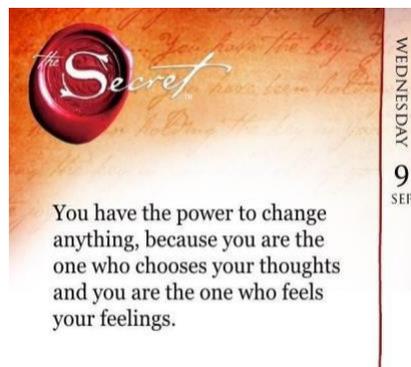


Do you have any suggestions, questions or concerns about Beat PD Today? Please contact Larry Orkins at beatpdadvocate@gmail.com

Beat PD Happenings

- **FREE CLASSES!** United Healthcare is teaming up with Beat PD with the ReNew Active Program. Members that have this insurance will get a Free Membership to all of our standard exercise classes. The website has more details.
- Tai Chi Session (4 weeks) starts Wednesday. Unlike the first 4 classes, we now offer a 4 week session to BPD Monthly Members for a low fee of \$20. All others will have a higher fee. Register on the website. We require you register at least 24 hours in advance of each class (or booking window closes).
- Stay positive. We are all a little deflated lately due to many factors (dark and cold days, stuck inside and isolated, holiday bills to pay, new year goals are failing, and being sick of Covid are just to name a few). Two suggestions:
 - Call somebody on the Buddy List. Pick a name and call. I am sure whomever you call would love the call and feel the same way you do!
 - Read "The Secret" by Rhonda Byrne

A great quote from the book:



Dates to Remember

This Week:

*Monday, February 8th at 3pm, Book Club

“Michael J Fox's new book: **No Time Like the Future: An Optimist Considers Mortality**

*Monday, Feb 8th, Board of Directors meeting

*Saturday & Sunday, Feb 13 and 14, Sweat with your Sweetheart

Bring your loved one to class and **work out** together.

The old saying goes, "**Work out** together, Stay together."

Next week:

Monday, February 15th at 4:30pm, Golf Tournament Committee Meeting

- Let us know if you would like to join the committee.

Wednesday, February 17th at 11:30am, Dr. Chat

- Dr. Russell talks about Research, Institute of Neurodegenerative Disorders

Our Mission

To provide people who have been diagnosed with Parkinson's Disease hope and the opportunity to live their lives with confidence and strength. Our classes encourage intense exercise through Boxing & Functional Interval Training which is personalized for each individual. Classes also provide emotional and social support and give participants a sense of empowerment over their destiny.



When you can't keep going, keep going.

