New exercise recommendations have been released by the [Parkinson’s Foundation](https://www.parkinson.org/) and the [American College of Sports Medicine](https://www.acsm.org/) (ACSM) to provide effective and safe guidelines about physical activity for people with [Parkinson’s disease](https://parkinsonsnewstoday.com/what-is-parkinsons-disease/) and certified exercise professionals.

The new exercise guidelines recommend 150 minutes (2.5 hours) of moderate to vigorous exercise per week across four domains: aerobic activity; strength training; balance/agility/multitasking; and stretching. They also suggest that individuals meet a physical therapist specializing in Parkinson’s for an evaluation and patient-specific direction.

The guidelines recommend three days per week for at least 30 minutes per session of continuous or intermittent aerobic exercise at moderate-to-vigorous intensity. This includes rhythmic activities such as fast-walking, running, cycling, swimming, or aerobics class. Supervision may be required due to safety concerns such as the risk of freezing gait, blunted heart rate, or low blood pressure.

Two to three non-consecutive days per week for at least 30 minutes per session are recommended for strength training. Each session should include 10 to 15 repetitions focusing on major muscle groups, resistance, and speed and power. Using weight machines, resistance bands, handheld weights, or bodyweight to exercise the upper and lower extremities is suggested. Muscle stiffness and posture instability should be considered.

For balance, agility, and multitasking, the guidelines recommend two to three days per week of multi-directional stepping, weight-shifting, balance activities, large movements, and activities such as yoga, tai chi, dance, or boxing. Supervision may be required due to safety regarding cognitive and balance problems.

Finally, the recommendations include two to three days per week of sustained stretching with deep breathing or stretching before exercise. Adaptations for flexed posture, osteoporosis (bone loss), and pain needs to be considered.