

# JUNE NEUROFIT NEWS

## Schedule Change!!

Beginning JUNE 23rd~

Strong and Steady (strength & balance) will move to Thursdays from 12:00 - 1:00

Stronger Together will move to Tuesdays 12:00 - 12:30

Chair Yoga will also move to Tuesdays 12:30 - 1:00

New schedule is attached - effective 6/23/2026!

## Class Alert!!

\*Gym closed Friday July 3rd and Monday July 6th for July 4th Weekend!

\* No chair yoga Tuesday July 7th

\*No BOYO Tuesday July 7th



## Happy Birthday to YOU!!

Tom Wooten 6/3

Chuck Multer 6/6

Dennis Klaiber 6/8

Jeff Wells 6/9

Juanita Cain 6/10

Preston Young 6/14

KC Faessler 6/15

Leah Hogg 6/19

Patrick McNamara 6/23

Diane Helcher 6/27

John Keating 6/27

Darnell Cheeks 6/27

Tom Turner 6/29

Gary McCracken 6/29

Bud Williams 6/29

Congratulations to Dennis Betts and Lenny Wolff for winning the surprise prize from the May NeuroFit News! If you complete the word games in this newsletter, your name will be entered into a drawing for a surprise prize! Bring the completed word search to Amy or Colleen to get your name in the drawing! Due 6/30/25.

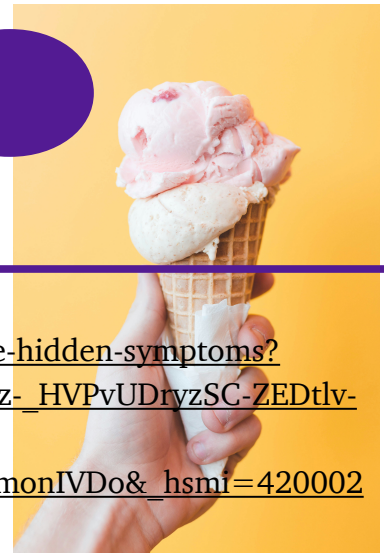
## Lost and Found!

We have some very nice jackets hanging on the wall by the coat rack. Please check them out to see if they may belong to you!

Congratulations to Jesse and Michelle Bowman on the birth of their daughter, Miriam Louise. Miriam was born May 15th, and weighed 7 pounds, 6 ounces, 16.5 inches. Pictured with Miriam are big brother Joel and big sister Evelyn. Welcome to the NeuroFit Family!



# The Scoop



## Educational Articles for PD:

**Ryan Reynolds shares his story about his father:**

[https://www.brainandlife.org/articles/ryan-reynolds-father-parkinsons-disease-hidden-symptoms?utm\\_campaign=brainandlife-monthly&utm\\_medium=email&\\_hsenc=p2ANqtz-\\_HVPvUDrvzSC-ZEDtlv-eX9KvkrWg2hvffoLhxeKGGKU-ByK98GVAXmV4sHaCRuGFbNzi8ERJd8zwKiVuxE3\\_c8P5iJfb3pQsUs1tB5NXXrmonIVDo&\\_hsmi=420002891&utm\\_content=420002891&utm\\_source=hs\\_email](https://www.brainandlife.org/articles/ryan-reynolds-father-parkinsons-disease-hidden-symptoms?utm_campaign=brainandlife-monthly&utm_medium=email&_hsenc=p2ANqtz-_HVPvUDrvzSC-ZEDtlv-eX9KvkrWg2hvffoLhxeKGGKU-ByK98GVAXmV4sHaCRuGFbNzi8ERJd8zwKiVuxE3_c8P5iJfb3pQsUs1tB5NXXrmonIVDo&_hsmi=420002891&utm_content=420002891&utm_source=hs_email)

**Mike Land, Senior Health Systems Manager, Neuro-Psychiatry Franchise of Acadia Pharmaceuticals, shares his story in the links below. Click on the videos! Mike attends our BOYO and Bootcamp classes.**

<https://www.moretoparkinsons.com/what-are-the-signs>

<https://www.moretoparkinsons.com/talking-about-symptoms>

<https://www.moretoparkinsons.com/personal-stories>

**Steve Wegman, also a gym member who attends Bootcamp, recently shared his Parkinson's story with Abbvie. Click on the link and scroll down to Steve's story!**

<https://www.abbvie.com/who-we-are/our-stories/i-am.html>

**For a PD Family Conversation Guide, follow this link:**

<https://www.moretoparkinsons.com/pdf/PD-Family-Conversation-Guide.pdf>

**For a free hospital safety guide for people with PD, follow this link, scroll down, and click either Order Now or Download Now!**

<https://www.parkinson.org/resources-support/hospital-safety-guide>

## PD Support Groups

- \* **Wednesday evening Parkinson's support group meets the first Wednesday of the month, 6:30-7:45 PM. This support group is for gym and community members with Parkinson's and their care partners.**
- \* **Parkinson's support group for NeuroFit Gym members and their care partners meets the 3rd Thursday of the month, 6:30-8:00PM.**

Thank you Mike Land for sharing this article about PD and paraquat!

<https://parkinsonsnewstoday.com/columns/banning-paraquat-erin-brockovich-moment-parkinsons/>



**PARKINSON'S  
STEADY  
STRIDES**

## OTHER NEWS FROM THE GYM:

### NeuroFit Caring Closet

NeuroFit has been graciously given several wheelchairs, walkers, U-Step walkers, commode chairs, shower benches, and other adaptive equipment. If you or someone you know needs a piece of equipment, please let us know. We are happy to pass along what others have donated to us. At this time, we have so many donations we are running out of space to store them. If you know of an organization who could use the equipment, let us know!

Check out the **new items** in our online store!

NeuroFit Spirit Link:

<https://promotionsetc.commonsku.com/shop/d037786b-d6d0-4bb1-98ad-70c9c3eda73d>

### IT'S THAT TIME AGAIN!!! TIME FOR STEADY STRIDES!

The 18th Annual Steady Strides

SATURDAY, SEPTEMBER 19, 2026

LINDNER FAMILY TENNIS CENTER

5460 COURSEVIEW DR, MASON, OH

<https://runsignup.com/neurofit>

All you need to do to join the NeuroFit Team is to click and open the link above. The select JOIN!

Ask your family, friends, neighbors, co-workers! Every year, NeuroFit has the largest team, and we want to keep that tradition going and show our support for Parkinson Support and Wellness. We are very grateful for PSW! They provide valuable education for our members and families and support NeuroFit class programming with grants twice a year.

## NEED A HEALTH STRATEGIST?

### Personalized Goal-Setting Support Available at NeuroFit Gym

Denise Rieman, RN, BSN, is pleased to volunteer her time at NeuroFit Gym to help members identify and achieve their personal health and wellness goals. Through individualized guidance, encouragement, and accountability, Denise can help you take meaningful steps toward improving your well-being and developing healthy habits.

This service is available to current NeuroFit members whose goals relate to the neurological condition that brought them to NeuroFit. If you're unsure whether your needs qualify, please don't hesitate to ask. No goal is too small, and no dream is too ambitious. Together, we can create a plan to make your goals achievable—one step at a time. Denise is available by appointment at NeuroFit Gym. To schedule an appointment or learn more, please contact Denise at **513-315-7857** or **513-330-6755**.

*Thank you to Jeanette Holderman for sharing the following:*

“You don’t look like you have Parkinson’s”  
People living with Parkinson’s hear this phrase all the time.

“You don’t look like you have Parkinson’s”

Most people mean it kindly.  
They are trying to be encouraging  
But for many patients, those words can feel frustrating, painful or dismissive.

Because Parkinson’s is often an invisible disease.

Many people imagine Parkinson’s as only severe shaking or obvious movement problems. But the reality is much more complicated. A person may look completely “normal” on the outside while silently battling symptoms others cannot see. Things like:

- Exhaustion
- Stiffness
- Anxiety
- Brain fog
- Sleep deprivation
- Pain
- Dizziness
- Medication side effects
- Depression
- And overwhelming mental fatigue

Some people with Parkinson’s spend enormous energy simply trying to appear okay in public. They may smile, carry conversations, and push through discomfort while their body and mind are struggling internally.

Good moments can also be misleading.

Parkinson’s symptoms often fluctuate throughout the day. Someone may look fairly well during one hour and be barely functioning later that evening. Medications, stress, fatigue, sleep, and timing all influence how symptoms appear.

That is why judging someone’s illness based only on appearance can be so inaccurate.

Another difficult reality is that many people with Parkinson’s become experts at masking symptoms. They do not want to worry family members. They do not want pity. They do not want to constantly explain themselves. So they work hard to hide what they are experiencing.

But hiding the struggle does not mean the struggle is not real.

And sometimes comments like:

- “You look fine”
- “You look okay to me”
- “You don’t act sick”

Can unintentionally make patients feel unseen or misunderstood.

The truth is:

A person does not have to “look sick” to be fighting a serious disease every single day.

Parkinson’s affects every person differently.

Some symptoms are visible

Many are invisible

That is why compassion matters so much.

Instead of assuming how someone feels based on appearance, sometimes the most meaningful thing we can do is simply listen, believe them and offer patience and understanding.

Because behind the smile, the calm face, or the normal conversation, there may be a battle happening that nobody else can see.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# FIFA World Cup Teams

P Y U P B O L D S M U K V Z F A I R T S U A W M  
V C Z E C H R E P U B L I C B X E U Z S T L I V  
J K B N V O R A J H L Z M S Z H C D R I K I D H  
L H A L I B H U N G A R Y Z B A R D K I O Z M M  
C V R L I A E N D V Y Z W Q R U S S I A C A I I  
Z M G A C P P H X D L B E L G I U M A E I R G W  
Z G E E O O K S M E S C O T L A N D I S X B X X  
P N N I S L V F M N Q I Y G J R W X L Y E H O T  
Y L T D T A T B L M P Z R W O Z E G A L M H I E  
S I I H A N E D J A G C X P J K C V R R W L Y L  
E S N S R D T Q L R Z R G J S U Z H T P L E Y E  
S Y A T I R T F N K C O L U M B I A S A S U Y P  
K W E R C G M L L Y B F M Z O X H H U V Q S R O  
O K E L A U E P L U E O N F E O Y Q A M M H U R  
N F C D I T A H J N N P I H K O R E A L L F J T  
H M Z G E H R B Z K G Z T S C O M K G I R F M U  
W L F R V N C Q L F L C A S S B S U H R O P Q G  
C K R L G H N D B Y A I L O O R B D S Y E Y Q A  
T M A Y L H H U C H N X Y J Y N A M R E G E N L  
L R N A N C E M V B D E Y O A I N A M O R Y C W  
W A C D N A L R E Z T I W S Q D S M X V D Z C E  
V M E K A Q M Q H T N P H W V O C G F K Z S H R  
C S U T K P S D N A L R E H T E N X F S C V Q Y  
C Y S Z C R O A T I A I L V D P C S M A L I C M

- |                |             |             |            |           |
|----------------|-------------|-------------|------------|-----------|
| Czech Republic | Switzerland | Netherlands | Costa Rica | Argentina |
| Australia      | Scotland    | Columbia    | Portugal   | Croatia   |
| Denmark        | Romania     | Austria     | Belgium    | England   |
| Hungary        | Germany     | Greece      | Russia     | Sweden    |
| France         | Serbia      | Poland      | Mexico     | Brazil    |
| Korea          | Chile       | Spain       | Italy      | USA       |

# NeuroFit Gym Neuro Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
9:00 AM							Web: <a href="http://www.theneurofitgym.com">www.theneurofitgym.com</a>
9:15 AM		Advanced PD Boxing					Email: <a href="mailto:info@theneurofitgym.com">info@theneurofitgym.com</a>
9:30 AM	Advanced PD Boxing		9:15-10:00				Address: 4155 Tonya Trail, Hamilton, OH 45011
10:00 AM	9:30-10:15						Indicates class is open to neuro clients and community members
10:15 AM		Uber Jabber!					
10:30 AM	Jabber Gym for PD	Specialty Clinic	10:15-11:00	Biking for Brain (sign up)			<b>For Neuro classes:</b> please call for an assessment prior to attending a class: Amy (513-543-3188) Colleen (513-207-0104) \$35.00 assessment fee may apply  <i>We will talk or meet with you to discuss your needs and goals, so that we know how to best help you and your care partner</i>
11:00 AM	10:30-11:20	10:45 - 12:00	Cog-Cardio	10:30-11:20	NeuroBox		
11:30 AM		Cardio Row (sign up) 11:30-12:00	11:00-11:50	Cardio Row (sign up) 11:30-12:00	11:00-11:50		
12:00 PM	NFB for PD	Stronger Together 12:00-12:30	NFB for PD	Strong and Steady	NFB for PD		
12:30 PM	12:00-1:00	Chair Yoga 12:30-1:00	12:00-1:00	12:00-1:00	12:00-1:00		
1:00 PM							
1:15 PM	DTD for PD		DTD for PD				
1:30 PM	1:15-2:10		1:15-2:10				
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Facebook: @theneurofitgym						
4:00 PM	Instagram: @theneurofitgym						
5:00 PM							<b>Class Prices:</b>
5:15 PM			Neuro Bootcamp	Neuro Advanced HIIT			<b>Individual Sessions:</b>
5:30 PM		BOYO	5:15 - 6:15 PM	*5:15 - 6:15 PM On Hold*			30 minute class \$5
		5:30-6:40 PM					60 minute class \$10
							90 minute class \$15
							5 sessions for \$210.00
							10 sessions for \$400.00
							<b>Minimum of 5 sessions must be purchased to begin individual therapy. Cancellation policy may apply.</b>

- Advanced PD Boxing** Warm up followed by 8 rounds of higher intensity boxing. Please see Amy or Drew if you are interested in this class.
- Jabber Gym** Class focuses on improving & maintaining speech, voice projection, communication, and swallowing skills. Please bring a bottle of water with you!
- NFB: NeuroFit Boxing for PD** Consists of group non-contact boxing designed specifically for people with Parkinson's Disease. Each class focuses on increasing strength, endurance, balance, fine motor skills, and power.
- DTD: Delay the Disease for PD** A fitness program designed to empower people with PD to take control of the disease with daily exercise. Every class includes strengthening, cardio, and brain work.
- Cardio Row** A 30 minute cardio workout targeting arms, legs, core, and back for a full body workout. Rowing is a low-impact exercise and will help to improve your endurance and strengthen your postural muscles. NOTE: sign up is necessary for this class
- Stronger Together** A strength class open to those with a neurological diagnosis and also community members. Seated and standing exercises for overall strength.
- Chair Yoga** A gentle yoga class performed seated in a chair and with the use of a chair for balance during standing postures. Yoga allows for gentle stretching which improves range of motion and flexibility. This class also focuses on breathing techniques, meditation, and mindfulness.
- BOYO** Open to community and gym members who are looking for an advanced workout. Class consists of 8 rounds of boxing followed by 30ish minutes of yoga. The perfect combination!
- Uber Jabber!** Jabber Gym with a higher intensity and more challenging cognitive load. \*Must receive approval for participation by Drew or Amy.
- Cog-Cardio** This class is for individuals with dementia, memory issues, or any neurological disorder. Short bursts of cardiovascular exercises are combined with cognitive exercises such as matching, sequencing, following directions, memory recall, and more.
- Neuro Bootcamp Neuro Advanced HIIT** Classes consist of exercises with weights and kettle bells targeting the major muscle groups, followed by stretching to improve flexibility and range of motion. Bootcamp includes 30 minutes (8 rounds) of higher intensity boxing. Participants must be independent with sit to stand, walking, and floor transfers
- Biking for Brain** Think modified Peloton! This class is open to any neuro diagnosis. Cardio on upright bikes, recumbent bikes, or NuSteps of varying intensities are combined with upper and lower body strengthening exercises
- Strong and Steady** Strengthening exercises to target the major muscle groups for overall improved endurance, balance, and posture. This class utilizes weights and bands and emphasizes proper form and safety. Exercises and balance activities are modified for all levels.
- NeuroBoxing** Open to any neuro diagnosis. Class consists of gentle warm up followed by 8 rounds of non-contact boxing. Class ends with gentle stretching.
- Specialty Clinics** Clinics consist of one specific focus for the entire 4 week clinic. Topics include neuropathy, gait, shoulder care, back care.