

A group of people, including several women, are in a fitness studio. They are holding green balls and appear to be participating in a group exercise or therapy session. The studio has a wooden floor, mirrors, and exercise equipment in the background.

STAYING PRESENT FOR PARKINSON'S DISEASE

Zenergy Health
Club & Spa eases
the journey



by Sabina Dana Plasse

RECOGNIZING OUR VALLEY'S AGING POPULATION, ZENERGY HEALTH CLUB & SPA REMAINS COMMITTED TO THE COMMUNITY'S HEALTH AND WELLNESS, providing resources, classes, and therapy to assist with neurological issues, especially those affected by Parkinson's disease. Through focused classes, including Neurocentric Class, Parkinson's Exercise Class, and Therapy Stretch Class along with aqua therapy, Zenergy instructors and therapists Carly Belle, Jennifer Hubbard, and Maria Beattie provide a level of comfort so those affected can move with confidence and ease in their everyday lives—it's a team for better living. Neurocentric Class and Parkinson's Exercise Class are free and open to the public, and Therapy Stretch Class is available to Zenergy members.

Leading the way is Corrective Exercise Therapist and Neurocentric Movement Specialist Carly Belle, a devoted movement and wellness coach with 25 years of experience. Nationally recognized and revered as an advanced corrective exercise specialist, senior movement specialist, Parkinson's movement and mobility trainer, yoga therapist, and nutrition guide, Belle's approach to combined neurocentric mobility training, flexibility, biomechanics, strength training, and nutritional medicine has changed the lives of hundreds and continues to do so, especially in the arena of handling Parkinson's disease.

"As movement becomes more limited, you can become very isolated," says Belle. "By creating more socialization, connection, and a reality for people to maintain, they can regain their lives. With consistent movement practices and the incorporation of breathwork, mindfulness, flexibility, strength training, and activities through coordination, prescriptions can diminish."

Belle has seen men and women start private training sessions and classes with walkers, wheelchairs, and canes, and through her work, many finish walking on their own, creating a positive change. Her book, *Parkinson's Movement Manual: The What, Why, When, and How*, is a comprehensive manual offering instruction and guidance for body, mind, and movement to live and function with Parkinson's in a purposeful life, including



breath work, respiratory practices, neural grounding, stretching, strengthening muscles, cognitive games, speech exercises, gait or ambulation drills, and visual focus drills.

“We have the power to make a difference, even if it’s just for a moment,” says Belle. “My dream is to create an online course designed for people with Parkinson’s, their caregivers, and healthcare professionals. This course would offer a holistic approach to addressing both movement challenges and non-motor symptoms, such as emotional and cognitive changes. Incorporating evidence-based strategies for learning and harnessing neuroplasticity—the brain’s ability to adapt and change—will empower individuals to live fuller, more meaningful lives while effectively managing the disease.”

As a Gerontologist from the University of Southern California (USC), community health specialist and instructor Jennifer Hubbard is considered a “brain trainer” at Zenergy and throughout the Valley. With an academic background in gerontology, neuroscience, and longevity, including two master’s degrees from USC and certifications as a Memory Care Coach and Brain Trainer from UCLA, Hubbard works one-on-one with Alzheimer’s and Parkinson’s clients along with teaching her Parkinson’s classes. She is an ambassador

for The Parkinson’s Foundation, Idaho chapter, and an educator for the Power of Parkinson’s. Hubbard is also certified in Pilates, spinning (indoor cycling), movement therapy, and Hydrofit, providing many levels of treatment and conditioning at Zenergy.

For 12 years, every Friday at 2pm, Hubbard has been teaching her class at Zenergy, which has proven to provide a better quality of life for those with neurological conditions through therapy and discussion on Parkinson’s-related topics. “Sun Valley is not an easy place to function if neurologically impaired, especially in the winter,” says Hubbard. “However, with Parkinson’s, Alzheimer’s, and ALS, now that we can detect so early, we can help individuals along with family and caregivers. We have educated professionals at every level of health and wellness at Zenergy and throughout the Valley, so there is a great deal of inspiration and progress occurring.” She adds, “I love how social my class has become—that support is needed for both those with Parkinson’s and their partners helping with the condition. I feel rewarded. It’s more than teaching class. It’s me having the ability to educate as well.”

Using aqua therapy for rehabilitation, recovery, and management, Marie Beattie stays present and involved with her clients with Parkinson’s and other neurological situations while also providing therapy for joint replacement in the pool. From her experience



and decades of competitive swimming and as a Master's Swim coach, her effective water therapy methods are integral to Zenergy's commitment to offering relief for Parkinson's and other conditions.

"Freedom of movement is much more accessible in the pool," Beattie says. "I always focus on balance as one of the key elements giving the participant confidence. I've had so many clients who have fallen on land and injured themselves. They know they can try things in the pool that they are too afraid to risk trying on land, and it feels good."

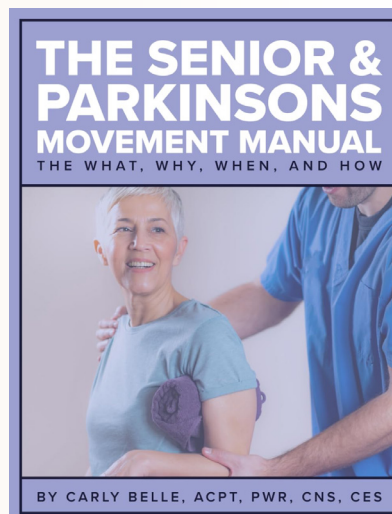
Beattie explains that with aqua therapy, muscle memory is always there, and she is resourceful, providing outside-the-box thinking to help individuals in any way she can.

"This program is offered to everyone, and it's open to non-members," says Beattie. "There are many varieties of therapy in the pool, for any age and including traumatic brain injuries. It's amazing to watch people improve and feel better, and I constantly hear how energizing aqua therapy is because it works. Family members and caregivers join me in the pool to learn how to be part of the process, as aqua therapy becomes part of the fabric of their lives."

Zenergy is thrilled to have this multi-faceted team committed to helping their clients and members learn to live with Parkinson's and other neurological issues. They help fulfill the club's mission to be forward-thinking and provide the most authentic and rewarding health and wellness programs to the community as a whole.

"Every person's Parkinson's disease journey is unique. No two people have precisely the same symptoms or progression, let alone lifestyle and genetics," says Belle. "However, it is common that once you begin a treatment regimen after diagnosis, you can live life for a while with nearly complete relief from symptoms and few side effects." ■

Zenergy Health Club & Spa
245 Raven Road | Ketchum
208.725.0595
zenergysv.com



The Senior & Parkinson's Movement Manual: The What, Why, When, and How by Carly Belle, ACPT, PWR, CNS, CES is an invaluable resource for understanding and handling Parkinson's disease with practices, tips, and methods for handling the disease on many levels, including family and community.

Available on Amazon.



ZENERGY THERAPY AND CLASSES FOR PARKINSON'S

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MONDAYS

Neurocentric Class with Carly Belle

A specialized movement class designed to allow people with Parkinson's and other neurodegenerative disorders to experience the joys and benefits of exercise while addressing symptom-specific concerns related to balance, cognition, motor skill, depression, and physical confidence. Free and open to the community. Family and caregivers are invited to join the class.

11:30am | 60 minutes | 62 and older
All levels are welcome | FREE and open to the public

FRIDAYS

Therapy Stretch Class with Carly Belle

Proprioceptive Neuromuscular Facilitation (PNF)—A contract and release form of stretching to increase range of motion and flexibility. Combined with longer holds in the stretches and breath work for relief, release, and renewal. Great for the athlete with tight muscles. Emphasis is on opening the back, hips, and shoulders and lengthening the hamstrings and quadriceps.

6:30am | 60 minutes
All levels are welcome | Available to Zenergy members

Parkinson's Exercise Class

with Jennifer Hubbard
Taught by gerontologist Jennifer Hubbard, this specialized movement class is designed to allow people with Parkinson's disease to experience the joys and benefits of exercise while addressing symptom-specific concerns related to balance, cognition, motor skills, depression, and physical confidence.

2pm | 60 minutes | 62 and older
All levels are welcome | FREE and open to the public

BY ARRANGEMENT

Aqua Therapy with Maria Beattie

As a swim teacher and coach for Masters Swim at Zenergy, Maria Beattie has vast experience providing therapy to individuals with neurological problems, Parkinson's disease, and joint replacement therapy.

Contact Zenergy Sports Rehab at sportsrehab@zenergysv.com to learn more.

BY ARRANGEMENT

Mind and Movement Private Training Sessions

with Carly Belle

One-on-one sessions tailored to each person's abilities and goals so that they work towards what's meaningful to them. This holistic approach addresses movement issues and non-motor symptoms, including emotional and cognitive changes. It helps people "recalibrate" to recognize when their movements are smaller or slower than they think. Its sessions are based on the most effective, evidence-based strategies for learning and neuroplasticity (the brain's ability to change). It's designed to help people apply what they learn in treatment sessions to more comfortable, confident movements in everyday life beyond treatment sessions.

Call Zenergy for scheduling.

