



*Treatment, Assistance,
Virtual Nurse Intervention,
and Education*

**DIFFERENT STRATEGIES TO PRESERVE YOUR
HEALTH**

Maintaining healthy eating habits

A healthy, well balanced and varied food intake helps maintain good health. The main challenge is to eat a variety of nutritious, high-energy foods at every meal and snack and to stay well hydrated while respecting certain limits if your health condition requires it, for example if you have heart or kidney problems. If you succeed in meeting this challenge, you will gain in energy, muscle strength, maintain a healthy weight, good intestinal elimination and even improve the effectiveness of certain anti-Parkinson drugs!

Do you know that some champion foods are not just for athletic teams?

Fruits (fresh, cooked), vegetables, cereals, whole grains, nuts (whole or ground) and olive oil are considered anti-aging and protective foods. Indeed, they provide several essential vitamins (A, B, C and E) and abundant fibre (prevention of constipation). These nutritious and energetic foods also protect your immune system and your brain. In addition, they facilitate digestion and improve the absorption and effectiveness of your medications. Take full advantage of these foods each and every day!

You may experience nausea with some medications. You may need to consider eating smaller meals and compensating with nutritious snacks.

The content of the plate is important, but the presentation of the food and the presence of other significant people at meals can be successful ways to stimulate your appetite and meet your nutritional needs.

Eat a variety of healthy foods each day

**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**

**Choose
whole grain
foods**

In addition to the healthy plate pictured above, the Government of Canada website has a variety of information including the Food Guide available in various languages as well as tips on how to eat well, recipes and stay active. You can find and download these documents at:

<https://food-guide.canada.ca/en/>

Maintaining an active lifestyle

Besides safeguarding your health and independence, physical and mental exercise helps to maintain your morale and quality of life over the years. Doing a variety of exercises every day gives you pleasure and increases your opportunities to get out of the house and see other couples who, like you, are looking to stay in shape and have fun in good company. The more physically and mentally active you are, the freer you feel to move and act as you wish.

Do you know that physical exercise can be a source of bonding and closeness?

Studies show that couples who engage in an exercise program together stay more active at home and between sessions. The majority report many benefits, including balance, flexibility and posture. Participants point out that the exercises were relaxing, energizing, entertaining and rejuvenating. Finally, they feel more efficient in their daily activities and note, to their great surprise, a closer relationship and a better complicity within their couple.

Do you know that physical and mental exercises are good antidotes to stress, anxiety and depression?

When you do physical and mental exercises then the amount of blood flow to the brain is increased, nourishing your nerve cells and strengthening them. Exercises, which help coordinate your hands and eyes, improve your brain's functioning, including memory and concentration.

Do you already do exercises?

Certain types of exercises have proven to improve the various motor and non-motor symptoms of Parkinson's disease. These include Tai-Chi, yoga, dance (like tango), Nordic walking (with walking sticks), adapted boxing (in a controlled environment), singing, the video and virtual reality games, etc.

The most common intellectual activities, such as Scrabble, Sudoku, strategy games, crossword puzzles, learning a new language or computer skills, reading, listening to music, artistic hobbies and using any strategy that exercises your brain, activate the brain chemistry responsible for, among other things, the development of your creativity and the regulation of your emotions.

In few words, these exercises are useful for couples because they facilitate problem solving and tend to provoke happiness.

Would you like to be part of an exercise group?

Several alternatives exist, such as an exercise group with the Parkinson's organization in your area, with the YMCA in your neighbourhood, with some community centres or recreation centres.

In addition, on the Parkinson Québec Website, there are many interesting documents to consult and download at the following tabs:

<https://parkinsonquebec.ca/en/managing-parkinsons/physical-activities/>

Some online programmes are also available:

<https://cummingscentre.org/all-programs-classes/adapted-programs/parkinsons/>