

PD Warrior can be delivered in many ways but to get the most out of the program it is best to start with an instructor, even if it is just the introductory sessions. The first step is to be assessed and have your homework program set up.

This process also helps you learn how to move well before you are ready to tackle the next stage.



WHAT IS A PD WARRIOR LICENSED FACILITY

PD Warrior is dedicated to training health professionals as our special approach. We do this in four progressive levels with Level 4 being the highest clinical training program we offer.

Only Level 4 trained health professionals are able to call themselves Instructors and only in Licensed Facilities such as The Body Refinery.

We do this to ensure quality and consistency within our global community so that you get the most out of the program.

HOW TO GET STARTED...



TAKE THE QUIZ

Doing the quiz will help you to identify how you need to approach your rehab program. There are three types of Parkinson's disease that we use to help refine your therapy program. Find out which one suits you



FIND A FACILITY

We strongly recommend that you work with an instructor to get the most out of the program. The Body Refinery is running two PD Warrior classes per week.



DO THE 10 WEEK CHALLENGE

This is our signature program and a great way to get the best results from PD Warrior. 10 weeks gives you the chance to create new routines, habits and a life-long commitment to an exercise you enjoy and which helps fight the symptoms of PD.



JOIN THE TRIBE

PD Warrior has changed lives, and we'd like to change yours too. Join the community and do something your future self will thank you for.

HOW IS PD WARRIOR DIFFERENT?

PD Warrior is a rehab program that is better for your Parkinson's disease than normal exercise. You need a specific approach to help you slow your Parkinson's disease down - this comes from an understanding of what type of Parkinson's you have, what activities you are having problems with and what your goals are.

PD Warrior helps you use the brain's natural ability to protect itself and create more efficient pathways. This helps you to move more freely so you can continue the activities you enjoy doing and get



PD Warrior is in direct contrast to traditional management and we now know that taking medication is not enough. We want to see you early, work you hard and help you set up a strategy to keep exercising well, long into the future.

So, if you thought PD Warrior was all about the exercise, you've missed the most important part. PD Warrior is about helping you have a better life, in spite of and because of your Parkinson's disease.

WHAT IS PD WARRIOR

This unique therapy approach will help to build your confidence, improve your mobility and help you to fight the symptoms of Parkinson's disease. PD Warrior revolutionises not only the therapy that is delivered to people with mild symptoms of Parkinson's disease, but also when it is delivered, how it is delivered and why it is delivered.

The vision of PD Warrior is to completely change the neurological landscape and the way that Parkinson's disease can be managed. PD Warrior offers you hope that there is quality of life after diagnosis and the opportunity that you can get back into life!

WHY IS PD WARRIOR IMPORTANT?

Research suggests that exercise is the only way currently known with the potential to slow symptoms of Parkinson's disease down.

It is estimated that at diagnosis of Parkinson's disease the majority of cells that produce dopamine have already been destroyed. Medication does not protect the remaining cells. This means that as the disease progresses, the remaining cells will continue to be destroyed and symptoms will progress.

Don't wait until it is too late, start your PD Warrior program now!



DON'T DELAY, BOOK TODAY!

THE BODY REFINERY
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**FIGHT THE SYMPTOMS OF
PARKINSON'S DISEASE**

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PD Warrior has significantly changed my mum's life for the better and I am really appreciative that the program exists.

Laura Pollard

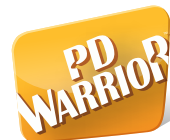
After doing the PD Warrior 10 Week Challenge I can now say that - I am back!

Peter Marshall

PD Warrior has changed my life; everyone says I am walking better. I now have the confidence to deal with coins in public, go bushwalking, even order steak in a restaurant.

Cindy Summers

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PD WARRIOR
www.pdwarrrior.com

HOW YOU LIVE WITH PARKINSON'S IS UP TO YOU:

- Build your confidence
- Move more freely
- Re-train your brain
- Get back into life!