

## Our objectives



In the old Olympic stadium in Athens it has started

### Inclusion

It concerns width sport and not top sport. Sport for every level. In addition to sports, there is also plenty of time to meet and speak. To recognize yourself in the other person and to learn from each other. This is possible on the lounge terrace where you can eat deliciously and have a nice drink with your (new international) friends.

And of course we hope that there is a healthy mix of people with and without Parkinson's disease.

### Awareness of the environment

We think it is important that our environment knows what it means having Parkinson's disease. It makes the chance of unpleasant moments smaller and therefore the Quality of Life longer high for people with Parkinson's.

One example:

- People with Parkinson's sometimes has a tight face. That doesn't mean the person is angry.
- People with Parkinson's walks somewhat unsteadily to the car. He may seem drunk, but the real thing is that his muscles are sometimes slowed down.

If you know that someone is doing something because they have Parkinson's, then you will have less unpleasant moments and therefore a better Quality of Life.

### Awareness of people with Parkinson's

People with Parkinson's must know that exercise ensures that the progression of symptoms can be slowed down and sometimes even partially and temporarily reversed. It is the decision of People with Parkinson's to exercise.

### Fund raising

The Parkinson Games donates the 'profit' to the Parkinson Alliance for fundamental research at the end of the calendar year.

## Can sport cure you?

A logical question

Unfortunately, sports can't cure you. But it can build up a "cognitive reserve" that helps you maintain your level of Quality of Life for longer.

Compare it to a wall that two construction craftsmen are working on. At the front, a construction worker bricks up, making the wall longer. At the rear is a construction worker who demolishes the same wall with a large hammer.

The wall can get longer or shorter. This depends on which construction worker is working hard.

The construction worker at the front is you. You decide for yourself whether you exercise. You have that under your control.

The construction worker on the other side is Parkinson's. You can't control it. Unfortunately, this will continue.



Cognitivreserve

How to build more cognitive reserve?

By building good brain health! For example through a physically and mentally active lifestyle. It cannot prevent aging, but it can postpone the complaints associated with aging.

Parkinson2beat  
Active Fund raising  
Parkinson research

It is your decision whether you are going to exercise



Sport: A clear route which is already available

## Sports at doctor's prescription is the Future

Medications in addition to sports makes a better team

People with Parkinson's have an important question

When will a solution be found for my disease? The answer is usually that Parkinson's disease is a very complex disease and has many forms. Read: Actually it is a whole collection of diseases. The ultimate solution is often only expected in more than 30 years from now.

That's not a nice answer. And of course we don't have a crystal ball to look into the future and maybe we'll be lucky and find a solution faster.

What can I do myself?

The first and best thing you can try to do is: Don't get sick.

How do you do that? Unfortunately, it is not known what caused Parkinson's Disease, but there are a number of suspects. The most important are: pesticides (e.g. glyphosate (Round-up) and Mancozeb), solvents (e.g. Tri) and air pollution.

The recipe is therefore that you should try not to come into contact with these substances. Round-up ensures that meadows temporarily get a typical Orange color. Tri is used by painters. In France, Parkinson's is recognized as an occupational disease by winegrowers.

If you already have Parkinson's disease there is another wonderful medicine.

It is your lifestyle and your own body. Your body is the most handsome machine we know, but (sometimes) we commit a little too much overexploitation on this miracle or we just have bad luck that caused it to break down.





We never stop

## Sports/exercise helps, also in 2023

Welcome in Eindhoven on 23/24/25 June at The Parkinson Games



Ruud Overes  
Initiator



We walk into the stadium



It is important that we treat our body a little better and thus have a better chance of recovery (partial and temporary). This medicine (=lifestyle) is surprisingly simple and consists of:

### Healthy food

Often called Mediterranean food. This is healthy and it proves that healthy can also be tasty.

### Sufficient exercise

Three times half an hour moderately intensive exercise. Recently it has been proven that one time 30 minutes is as healthy as 30 times a minute. So taking stairs instead of the elevator really works.

### Sufficient rest

This means that you occasionally sleep well and give your body time to let its cleansing processes do their job.

### Less stress

Don't always want to be 'on'.

### No toxic environments

See above.

### Stay curious

Keep offering your brain new challenges. You can achieve this, for example, by playing fun games every day or regularly following a nice course.

**We wish you a healthy,  
happy and sporty New  
Year**

Adorien, Adse Albert, Andrew, Andy, Astrid, Audy, Bas, Ben, Camille, Ceciel, Chris, Clark, Dirk, Dominique, Elga, Elisabeth, Ernst, Ernst Daniël, Erwin, Esther, Emily, fabi, Faye, Ferdi, Frank, Frank, Gemma, Gerben, Hannie, H ans, Hans, Hans en Diny, Helena, Henri, Harold, Herman, Hugo, Huib, Imke, Irma, Jan, Jan, J an-dirk, Jack , Jean-Paul, Jens, Jeroen, Joan, john, Johnny, Joop, Josefa, Justin, Karel, Karin, Karin, Kees, L as zlo, Laurie, Leona, Lousanne, Luc, Marco, Marco, Marco, Marieke, Marika, Marjan, Martin, Martina, Max, May, Mirko, Myrthe, Lo u, Nickie, Niels, Nikita, Noortje, Patrick, Paul, Paul, Paul, Paulus, Peter, Philip, Roel, Rob, Ronald, Rune, Salty, Stef, Stefano, Suzan, Tirza, Theo, Timo , Ton, Vilborg, Walter, Willem, Wim, Wim, Wout, Yoran, Yvonne, Zapatr and many others .

Best regards

Ruud Overes

