Recreational Activities for Parkinson’s Disease (PD)

Research has shown that certain recreational activities may have positive effects on balance and function in people with PD. Try these activities:

- Ballroom dancing such as tango, waltz and foxtrot
- Tai Chi – This is a Chinese martial art that is practiced for its health benefits, including dealing with tension and stress
- Bicycling
- Qigong – This is a form of traditional Asian medicine that uses exercises for posture, coordination of breathing patterns, movement, and meditation

Be sure to talk with your doctor or physical therapist before you try these activities to make sure you are safe enough and healthy enough to do so.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.