

## The Effects of a Circuit Based Exercise Program on Individuals with Parkinson's Disease

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The purpose of this study is to determine the effects of a circuit based exercise program on quality of life, strength, balance and fall risk on individuals with Parkinson's disease. These changes were measured by the following: TUG, BERG, functional reach, dynamometry, quality of life survey (WHO-QOL-BREF), 2-minute walk test and grip strength. The quality of life survey we chose, WHO-QOL-BREF, includes components regarding physical health, psychological, social relationships and environment. The participants completed eight weeks of a circuit training program which included gait training, balance and strength training for core, upper body and lower body. The results demonstrated statistically significant improvements in TUG, BERG, 2-minute walk, and left-handed grip strength, as well as non-significant improvements in functional reach, all other strength measures, and quality of life.