



# GlideTrak BIG WALK

The Most Advanced Mobility Training and Exercise for Parkinson's

BIG WALK Training on GlideTrak is a breakthrough in home-based Parkinson's exercise.

Only GlideTrak BIG WALK Training combines an intense aerobic workout with the practice of fast walking with big steps, proper gait and posture, arm swing and balance.

Regular BIG WALK training improves gait and posture, reduces stiffness and tremors, increases balance, endurance and strength, and improves overall fitness and sense of well-being.

Learn how GlideTrak BIG WALK training can take your Parkinson's exercise program to the next level.

## What is BIG WALK Training?

Forced Exercise, or exercise that involves frequent repetition of exaggerated movements is the key to slowing the progression of Parkinson's. This concept, known as "BIG" training has been applied to everything from boxing and chair exercise, to cycling and vocal training.

BIG WALK Training on GlideTrak is the only "BIG" program that focuses on gait mechanics, as the core skill. BIG WALK Training creates the muscle memory and mental imagery of proper gait necessary to drive lasting carry over into normal walking.

## How Does GlideTrak Enable BIG WALK Training?

Body Weight Support Training (BWST) is the leading, clinically proven method for PD gait training and aerobic exercise. GlideTrak is the only BWST system designed for home use.

GlideTrak's patented suspension system supports the body during and between steps, eliminating fall risk. This frees you to safely practice fast walking, with big steps, correct posture and arm swing.



## BENEFITS

- Faster Walking with Bigger Steps
- Improved Balance and Confidence
- Better Posture and Arm Swing
- Reduced Rigidity, Stiffness and Tremors
- Increased Leg, Core and Back Strength
- Greater Fitness and Endurance
- Feel Better!!

## FEATURES

- Safe — No Fall Risk
- Convenient – Train at Home
- Pain Free — No Impact or Weight Bearing on Joints
- Works with Any Treadmill
- Easy to Use
- Fun — Feel the Freedom of Motion Again

	Glidetrak	Standard Treadmill	Motorized Cycle	Standard Exercycle	Walking	Boxing
Aerobic Exercise	✓	✓	✓	✓	✓	✓
"Force" Exercise	✓		✓			✓
"Gait" Training	✓	✓			✓	
Posture / Arm Swing	✓	✓			✓	✓
Balance	✓	✓			✓	✓
Fall Protection	✓		✓	✓		
Dual Task	✓		✓	✓	✓	✓

**GlideTrak Training Center**  
 8305 Vickers Street, Suite 101, San Diego, CA 92111  
 Phone: (619) 782-0900

Email: [info@glidetrak.com](mailto:info@glidetrak.com)

Web: [www.glidetrak.com](http://www.glidetrak.com)



**Paul Age 73**  
14 yrs. Living with Parkinson's

*"Like many people with Parkinson's my gait and posture have really deteriorated. I also have a great deal of stiffness. After just my 4th GlideTrak BIG WALK session, I noticed I was walking with less shuffling and better posture. My mood was better, and I had less pain and stiffness in my neck and back."*



**Alan Age 61**  
15 yrs. Living with Parkinson's

*"I used to love hiking and jogging, but after 15 years of Parkinson's my walking and movement was reduced to shuffling, and I became depending on my cane."*

*After GlideTrak BIG WALK training, I started to see big improvements. I now walk with more confidence, better posture and with longer strides."*



**Rhoda Age 61**  
9 yrs. Living with Parkinson's

*"After having both knees replaced and then being diagnosed with Parkinson's, I felt like there was no hope for me to stay fit."*

*GlideTrak enables me to exercise, without pain or fear of falling. This lets me practice fast walking, even running."*

*GlideTrak BIG WALK training restored that hope by giving me the ability and confidence to regain my fitness."*



**John Age 70**  
8 yrs. Living with Parkinson's

*"After my GlideTrak BIG WALK workouts, I feel amazing. GlideTrak gives me the ability to practice fast walking with big steps and even to run up to 8mph! There is no other aerobic exercise this intense that I can do safely."*

*GlideTrak BIG WALK gives me the best aerobic exercise I can get for my Parkinson's and it's fun too!!"*

### Why BIG WALK Training at HOME?

Science tells us that the best way to improve a task, is frequent, extended practice of that task.

This is particularly true for Parkinson's where the frequency and length of practice of fast walking with corrected gait strongly determines how quickly and for how long the corrected gait patterns persist.

Daily training, or even training multiple times per day should be the goal

### Get in the HABIT of BIG WALK Training

It is common for people with Parkinson's to have difficulty multitasking, particularly when one of the tasks is walking. Something as simple as carrying on a conversation while walking can cause reduced step size, shuffling or stooped posture. When BIG WALK Training on GlideTrak, clients are coached to get in the "HABIT". HABIT is an acronym that stands for:

**H** — Head Up Posture

**A** — Arm Swing

**B** — BIG Steps

**I** — Intensity + Speed

**T** — Train with a Purpose

Repetition of the HABIT cues helps clients focus on combining each aspect of proper gait technique, maximizing the effectiveness of each exercise sessions.