



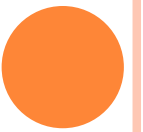
# LIVING YOUR BEST LIFE WITH PARKINSON'S

John Baumann



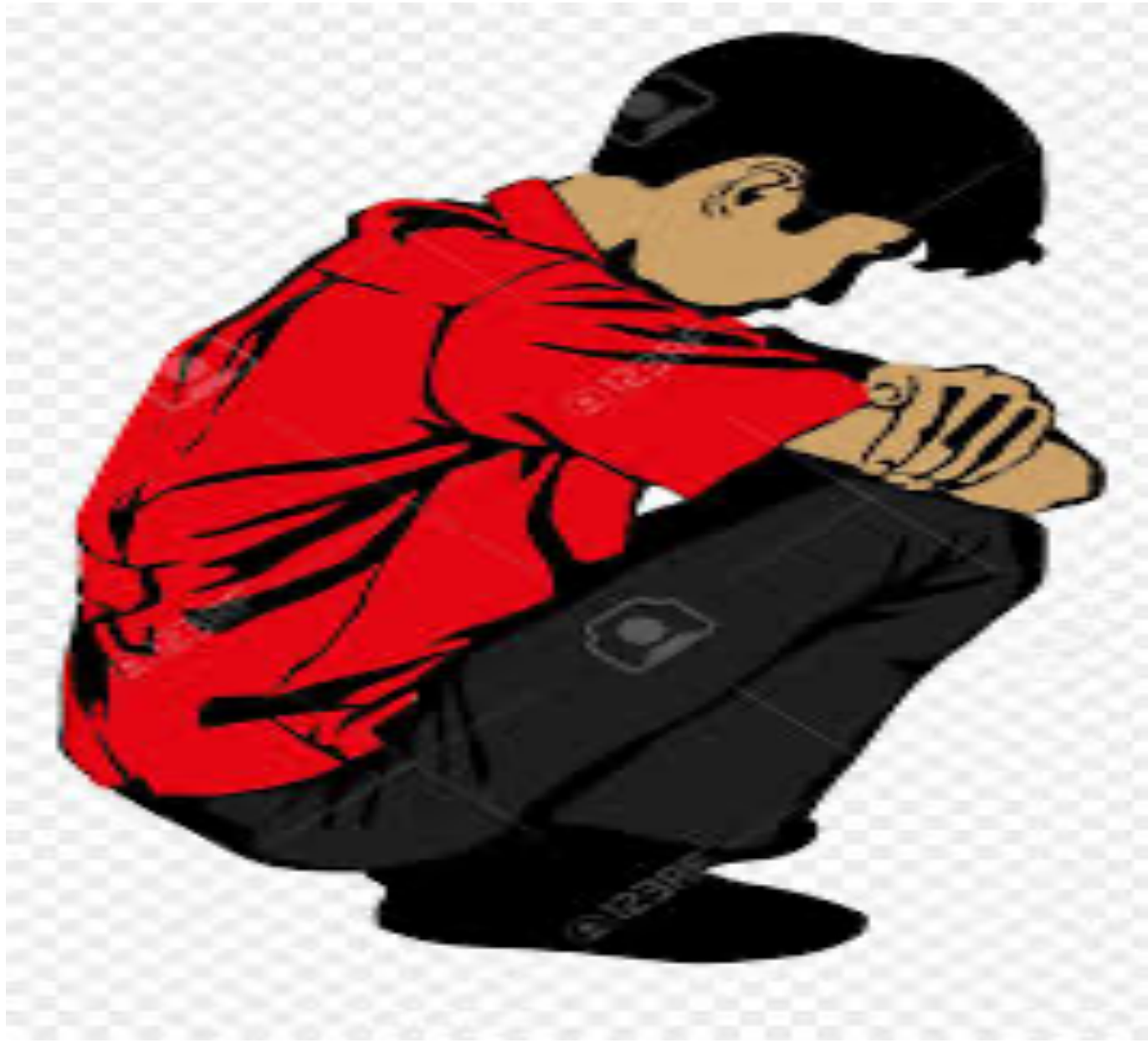
**MARCH**

**15, 2002**

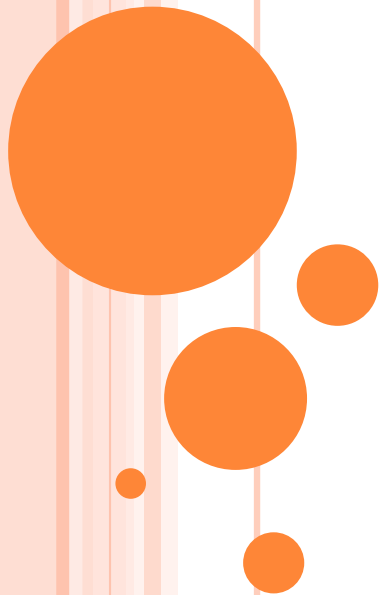








# OCTOBER 2008





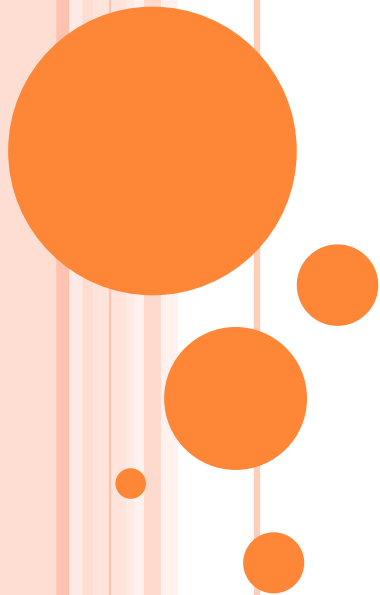
**YOU ARE**

**NOT**

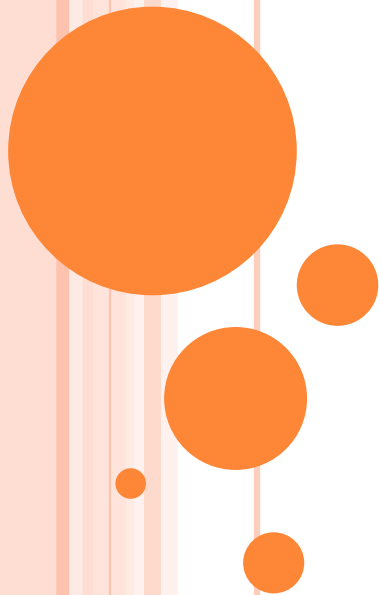
**PARKINSON'S**



**WE ARE  
ORDINARY  
PEOPLE DOING  
EXTRA-ORDINARY  
THINGS**



# JANUARY 2012



THE SECRETS  
TO LIVING  
YOUR BEST  
LIFE



# NUTRITION - MY STORY

- **OFTEN**
- Sometimes
- **NEVER**
- Party



# YES, YES, YES OFTEN YES

## ○ ORGANIC

- Spring Mix and Spinach - Salad
  - Wild caught Fish
  - Avocado (oil)
  - Walnuts
- Fruit (not too much)
- Water, lots of water



## YES BUT REDUCE YOUR INTAKE

- Sugar
- Dairy
- Gluten
- Meat
- Carbs (bread and pasta)
  - Fried Food



**NEVER, EVER, EVER, EVER**

Soda/Diet Soda/Sugar Drinks

Fast Food - Junk Food

Processed Food

High Sugar Desserts



**PARTY**

**DARK  
CHOCOLATE**

**RED WINE**





# **EXERCISE - MY STORY**

## **Measures**

Stretch - Sweat - Strengthen

## **Helpful hints**

Group - Trainer - Fun



YOU CAN'T  
OUT EXERCISE  
A BAD DIET

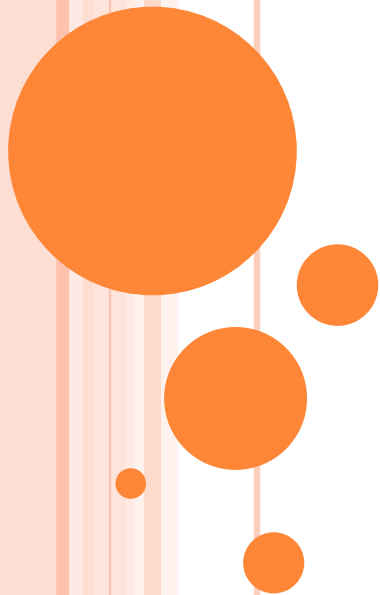


DAILY  
DISCIPLINE  
DRIVE

What motivates you?



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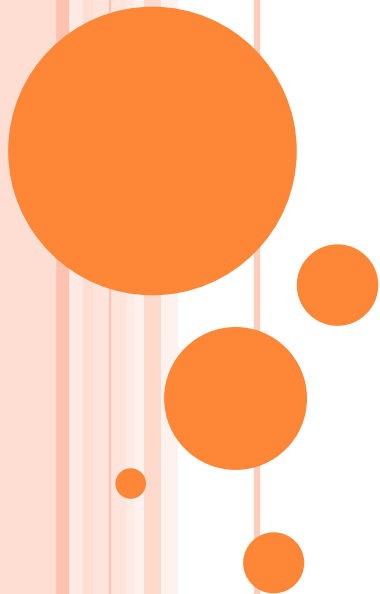


# WHAT DOES IT TAKE?

- Research: PDD
- Discipline: Demonstrate
  - Preparation: Effort
- Self-Esteem: Announce
- Motivation: End-Vision
  - Caring: RTBDA



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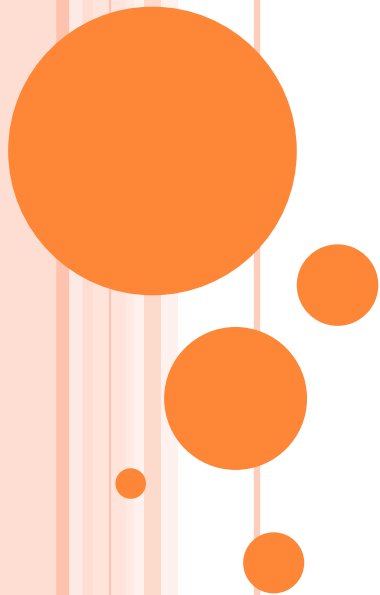


# STAY ENGAGED

- Stay Active
  - Enjoy Life
  - New Areas
- Socialize Often
- Volunteer Anywhere
- **Nothing** is Impossible



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# *INSPIRATION*

- My 20-year journey:  
Minimal Symptoms to  
21 Hours/ Learning to Walk AGAIN
- My daughter's 25-year journey:  
Ultrasound to Teacher



# *INSPIRATION*

- Purpose - Uncover
- Positive Attitude
- Reason - Best
- You Ain't Dead Yet
- Sense of Humor – stress relief
- Wait for the Miracle



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# QUOTES

**"On your bad days, just focus on surviving them; always remember to cherish your good ones."**

**"Defy the Disease;  
Embrace the Disease"**

**"Never Underestimate the Power of Momentum"**

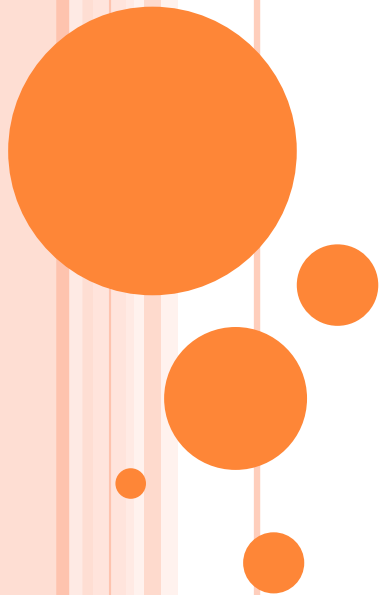


# WHO INSPIRES ME

- MY WARRIORS - Courage
- Professional Care Partners
- Family Care Partners
- Muhammad Ali
- Jim Valvano - Don't Ever..
- Every Victory Counts



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ORDINARY  
PEOPLE DOING  
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THINGS**



## FAVORITE QUOTE

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.



**DISCIPLINED**  
**POSITIVE**  
**OPTIMISTIC**  
**STRONG**  
**RESILIENT**  
**COURAGEOUS**





**AVAILABLE FOR SMALLER GROUPS  
WORD OF MOUTH – IF YOU LIKE WHAT  
I HAD TO SAY THEN SPREAD THE WORD**

**Be glad to autograph**

**FIND ME AT  
JOHNBAUMANN.COM**

