

Review of Horsham PD Warrior Challenge

Vicky Knight and Chloe Lombard

LV rehabilitation



This presentation reviews the PD Warrior Challenge conducted by Vicky Knight and Chloe Lombard. It provides an overview of the PD Warrior program, which is designed to help individuals with Parkinson's disease through neuro-active exercise, long-term behavior change, education, and community support. The presentation highlights the 10-Week Challenge, an intensive exercise program aimed at slowing Parkinson's progression. It includes details on the principles of neuroplasticity, the structure of the challenge, and the positive outcomes observed in participants, such as improved movement, body awareness, and reduced anxiety

External References

[PD Warrior Live Brave](#)

[LV Rehabilitation](#)

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