



# The Punch Line

## Research Studies

There has never been a more important time to get involved in Parkinson's research. Whether you have Parkinson's Disease (PD) or not, you can help scientists better understand the disease and bring us closer to new treatments.



THE MICHAEL J. FOX FOUNDATION  
FOR PARKINSON'S RESEARCH

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#### Landmark Study for Anyone 18+

MJFF's Parkinson's Progression Markers Initiative is an observational study that follows people – with and without Parkinson's – over time to learn more about how the disease starts and changes.

#### A Study to Slow Parkinson's Progression

The REGENERATE-PD study is testing a gene therapy to improve motor and non-motor symptoms in people with moderate PD.

#### A Gene Therapy Targeting GBA-1 in Parkinson's

The PROPEL study is testing a gene therapy to address underlying causes of Parkinson's by increasing enzyme activity in the brain.

#### An Oral Treatment for Early Parkinson's

The SUNRISE-PD study is testing an oral treatment targeting inflammation and insulin resistance in the brain with the aim to improve motor symptoms in PD.

#### A Study to Reduce "Off Time" in Parkinson's

The ARISE study is evaluating an oral medication for people with Parkinson's experiencing motor symptoms that aren't well managed.

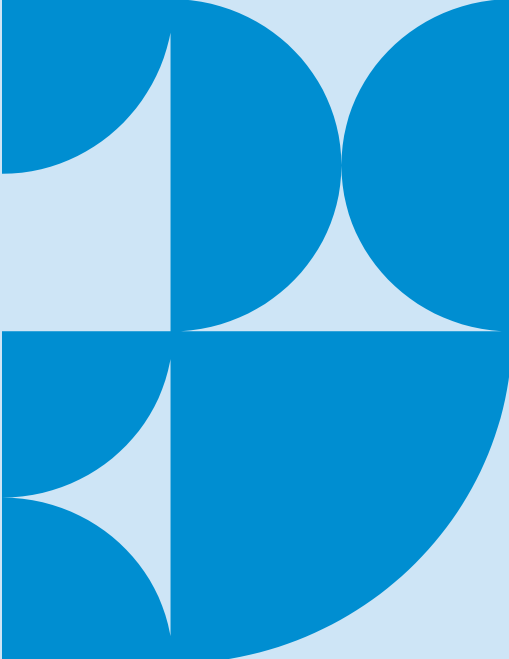
MJ Fox Foundation-funded and partner studies are currently seeking volunteers.

[www.michaeljfox.org/news/research-roundup-join-studies-aiming-treat-parkinsons-progression](http://www.michaeljfox.org/news/research-roundup-join-studies-aiming-treat-parkinsons-progression)

### *The Punch Line*

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# The Science of Hydration and Exercise

The human body is composed of approximately 60% water, a testament to its fundamental role in nearly every bodily system. Water regulates body temperature, lubricates joints, supports nutrient transport, and facilitates countless metabolic reactions. During exercise, these functions become even more critical as the body's systems ramp up to meet increased demands.

When we exercise, our muscles generate heat. To prevent overheating, the body initiates a cooling process through sweat. Sweat is primarily composed of water with trace amounts of electrolytes. As sweat evaporates from the skin, it dissipates heat and helps maintain a stable core temperature. However, this thermoregulatory process comes at a cost: fluid loss. The more intense or prolonged the activity, the more substantial the loss.

Even mild dehydration—defined as a fluid loss of as little as 2% of body weight—can impair physical and cognitive performance. The signs of dehydration include fatigue, dizziness, headaches, muscle cramps, and decreased coordination, all of which can compromise the effectiveness and safety of exercise.

## Optimal Hydration Strategies

To maintain performance and health, athletes need to anticipate and plan hydration:

- **Pre-Exercise:** Begin activity in a well-hydrated state. This usually means slowly consuming 16-20 ounces (approx. 500-600 ml) of water 2-3 hours before exercise, plus another 8 ounces (250 ml) 20-30 minutes beforehand if necessary.
- **During Exercise:** Drink according to thirst and sweat rate. For most activities under an hour, small sips of water suffice. For longer or more intense sessions (especially in heat), aim for 7-10 ounces (200-300 ml) every 10-20 minutes. Sports drinks may be warranted if activity exceeds an hour or involves heavy sweating, to replace electrolytes (especially sodium and potassium).
- **Post-Exercise:** Rehydrate with water and consider drinks containing electrolytes and carbohydrates to speed recovery. Weighing yourself before and after exercise can help estimate fluid loss; consume 16-24 ounces (500-700 ml) for every pound (0.45 kg) lost.

## Make Hydration a Habit

Hydration is not just a preoccupation for elite athletes; it's a daily practice that supports health, energy, and clarity of mind. In exercise, the stakes are higher, and the consequences of neglect more immediate. Making hydration a conscious habit is one of the simplest steps you can take for your lifelong well-being.

## Rock Steady Boxing of Michiana

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*and*  
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Elkhart  
(574) 286-6731



RockSteadyBoxingMichiana.com



Volunteer  
Alexis Marscola

# Member Spotlight



## Kathy Shreiner

In this issue, we feature a long-term member, Kathy Shreiner, who at 58, is still one of our youngest fighters.

Kathy grew up in Pennsylvania. Her father was a professor; her mother was a skilled pen/ink artist. Kathy's grandmother had PD; her artist mother had to learn to switch to her left hand, due to Essential Tremors.

A graduate of Goshen College, she married Bob in 1989; they have two sons. She has taught 4<sup>th</sup> and 5<sup>th</sup> grade at Elm Road School throughout her career until retiring from teaching two months ago.

Kathy, who with Bob competed in several triathlons, was diagnosed with Parkinson's in 2013, though she knows she had had symptoms for three years. She joined Rock Steady Boxing of Michiana in 2017.

"I feel fortunate that I have been able to experience both gyms, to know many boxers. I appreciate the different techniques of the incredible coaches. I especially appreciate the dedication of Don Sheliga, who is amazing."

She credits the Rock Steady approach with pointing out things she needs to work on, like balance and posture. She then likes to focus on those things while away from the gym. "I try to stand on one leg while brushing my teeth."

Kathy underwent DBS surgery in November 2023, allowing her to cut her medications in half, not add any new medications and, most significantly, reduce the effects of dyskinesia. Interestingly, she experiences increased issues with balance and walking. She does fall more since her surgery.

Kathy loves to read; she's read 15 books since retiring in June. And she enjoys the flowers in her garden and taking walks with friends (although she finds it difficult to walk and talk at the same time). She thoroughly enjoyed vacationing in Italy with Bob for two weeks in June.

Kathy cautions that there is so much information available, that it's important to figure out how much information you can take in. "Knowledge is power. Exercise is important. Focus and discipline are vital. But on your journey, you need balance. Take a day or two off now and then."

**Kathy Shreiner – the *balanced* fighter.**



Kathy Shreiner

## Welcome New Members

### South Bend

**John Rioux**  
**Robb Furlong**  
**Steve Cortez**  
**Steve Diehl**

### Elkhart

**Terry Chomer**  
**Mary Shanley**  
**Gary Yoder**  
**Lori Moore**  
**Barbara Lilley**  
**Sue VanLeeuwen**