



Empowering People with
Parkinson's through

Movement & Innovation



PROJECT
NEWS

Dear Stakeholder,

Welcome back to the MOVE ON UP journey. Our first goal is clear: **to increase physical activity levels among people with Parkinson's (PwP) through an eight-week online dual-task exercise program.** In our first update, we introduced this vision. Now, we are excited to share the **scientific rationale, program design, and community collaboration** that will make it possible—along with some updates you may have missed on social media.

01.

The science of support: the COM-B Model in action

For people with Parkinson's, staying active requires more than motivation—it is about having the right **knowledge, tools, and personalised support**.

To achieve our first goal of increasing physical activity, our eight-week program is built on the **COM-B model**, a proven framework for behaviour change. We address:

- **Capability** - building skills and confidence.
- **Opportunity** - removing barriers and providing practical tools.
- **Motivation** - encouraging long-term commitment.

What we have done to reach Goal 1:

- Reviewed the scientific literature to identify key barriers and facilitators to exercise.
- Mapped these against the COM-B model.
- Developed **theory-driven message prompts**—personalised reminders, tips, and encouragements—to boost motivation and adherence throughout the eight-week programme.
- Created an **entry questionnaire** so each participant receives support tailored to their specific needs.

To further build **capability** and **motivation**, we are producing a series of **educational videos for participants**, covering essential topics such as exercise planning, overcoming common barriers, and using digital tools effectively.

This ensures MOVE ON UP does not just encourage movement—it empowers lasting behaviour change in support of **our first goal**: increased physical activity.

Meeting real-world needs: dual-task training

Daily life is full of dual-tasks: walking while talking, carrying groceries, navigating a busy street.

For people with Parkinson's, these can be challenging. That is why **dual-tasks training** is central to our program and critical for achieving meaningful, functional improvements in physical activity.

We combine **physical movement with FUN cognitive challenges** to improve:

- Balance and mobility
- Attention and coordination
- Confidence in everyday activities

This makes our exercises both **scientifically grounded, FUN, and highly relevant to daily life**.

02.

03.

Designed with the Parkinson's community

MOVE ON UP has been built with the community, not only for it.

During our well-attended national kick-off conferences across Portugal, Greece, Italy, and Croatia, we conducted **in-depth focus groups** with a targeted group of stakeholders—people with Parkinson's, caregivers, and health professionals.

Their insights are directly shaping:

- The content and tone of our educational materials and message prompts.
- Exercise difficulty and progression over time.
- Digital platform usability.

This ensures our program remains **grounded in real-world experience** as we work toward our first goal.

What you may have missed: social media highlights

04.

Since our last newsletter, we have been sharing updates, resources, and community insights across our social channels. Here are a few highlights you might have missed:

[Portuguese national manual on adapted physical activity for Parkinson's disease](#)

We shared the launch of the official national manual published by the Portuguese Directorate-General of Health, co-authored by project team members Ju Domingos and Catarina Godinho. This resource reflects principles and evidence that are closely aligned with the MOVE ON UP approach.

[Read the post here](#)

[Meet the consortium: Young Parkies Portugal](#)

We highlighted the role of consortium partner Young Parkies Portugal in content development and community engagement, with a focus on their contribution to the project's objectives.

[Read the post here](#)

[MOVE ON UP consortium meeting - Rijeka](#)

We shared highlights from the first in-person consortium meeting, held in Rijeka. The meeting focused on aligning partners around the project objectives, coordinating ongoing development activities, and planning next implementation steps. This milestone strengthened shared understanding across the consortium and improved coordination ahead of the upcoming pilot phase.

[Read the post here](#)

05.

What is next?

We are now finalising the **digital platform, exercise videos, and educational content.**

Pilot testing of the full program—integrating exercise, education, and personalised prompts—is scheduled to begin mid-year, bringing us one step closer to achieving **goal 1.**

Hear from our team

In this short video, we explain how science, design, and community insight come together in MOVE ON UP to reach our goals.

▶ [Watch the video here](#)

We want to hear from you

Collaboration is at the heart of MOVE ON UP.

If you have questions about our goals, digital health, Parkinson's care, or behaviour change—**please reply to this email.**

Your perspective is invaluable.

Thank you for supporting our mission to create a more active, inclusive, and evidence-driven future.

Warm regards,
The MOVE ON UP Team



Thank you for your support in helping us build a more active and connected future



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