



## Dear Stakeholder,

welcome back to the MOVE ON UP journey. In this third edition, we are excited to present our content development showcase. As we move forward with our first goal to increase physical activity levels among people with Parkinson's (PwP), our current focus is to showcase our progress in content creation and invite your early engagement.

We know that PwP are on average 29% less active than their peers, yet access to specialized exercise guidance remains limited by geography, cost, and clinician availability. Simply telling someone to "move more" is not enough. MOVE ON UP addresses this gap with two concrete digital outputs, both being finalized for release in five languages (EN, PT, IT, GR, HR).

# 01.

## Showcasing our progress: what we are building

We are proud to announce the successful completion of our core video production: a major leap forward in our content creation.

To build capability and motivation, we are producing a structured 8-week home-based **dual task exercise program for PwP**. The program includes 6 educational video modules covering topics like overcoming barriers to activity, paired with 24 progressive exercise sessions (16 hours of guided video) delivered three times per week.

Today, we are thrilled to offer a sneak peek of these resources. These videos combine physical movement with cognitive challenges to improve balance, mobility, and confidence in everyday activities.

Each session follows a consistent flow—vocal warm-up, posture practice, dynamic movement, and a dual-task "Brain & Body" main event—all led by expert neurophysiotherapists and speech-language pathologists.

→ **Status:** all content has been fully recorded and is now being structured into a user-friendly MOOC format for public access.

[\[Watch the MOOC teaser here\]](#)

## Highlight of micro-credentials and HCP training

MOVE ON UP does not just encourage movement—it empowers lasting behaviour change. Beyond the physical exercises for patients, our digital training pathway is expanding to support the entire Parkinson's community.

We have developed a training program for Health Care Professionals designed to advance knowledge and skills in digital exercise in Parkinson's care. This 28-hour online course, hosted on Moodle, equips physiotherapists, nurses, physicians, and exercise specialists with evidence-based competencies in dual-task training, online exercise adaption and strategies for sustaining patient engagement in virtual environments. The program includes 12 hours of instructional video across six educational modules covering Parkinson's pathophysiology, non-pharmacological management, cognitive and communication symptoms and multidisciplinary care coordination. Learners progress through interactive activities and knowledge quizzes, culminating in a final assessment.

Participants receive a certificate of completion upon finishing the course. Additionally, those who wish may apply for accreditation recognition at the Egas Moniz School of Health and Science to obtain a Certificate of Qualification.

→ **Status:** the curriculum is finalized and configured in Moodle. Internal piloting is set for May 2026, and full piloting with 100 health professionals begins in October 2026.

These outputs represent a massive step forward in turning our research into concrete, accessible tools for multidisciplinary Parkinson's care.

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## What you may have missed: social media highlights

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:

- **Taijiquan & Parkinson's: moving gently, rediscovering balance** We highlighted a wonderful initiative by the Parkinzone Association and the "Gabriele d'Annunzio" University of Chieti-Pescara, offering weekly online Taijiquan classes for PwP. This practice combines slow movements and deep breathing to improve balance, postural stability, and coordination, helping to reduce the risk of falls while nurturing mental well-being. [\[Read the post here\]](#)
- **What if therapy wasn't a place you go, but something you do?** We shared a deep dive into how MOVE ON UP is driving a groundbreaking shift in Parkinson's care. We broke down the core pillars of our 8-week digital training program, discussing how we use digital alternatives to overcome traditional barriers, the importance of Dual-Task Training (DTT), and how habit science can turn exercise into a sustainable routine at home. [\[Read the post here\]](#)
- **A holistic wellness prescription for Parkinson's disease** We proudly shared key insights from a landmark paper by the MDS Task Force on Wellness, co-authored by our very own Dr. Josefa Domingos! The post explores how wellness in Parkinson's goes beyond medication, highlighting a multidimensional, patient-centered approach that includes physical activity, nutrition, sleep, mind-body practices, and social connection. [\[Read the post here\]](#)
- **Presenting MOVE ON UP at the Egas Moniz Research Seminar** On April 10th, we had the honor of sharing our project's progress with the Egas Moniz Center for Interdisciplinary Research (CiiEM) community. We celebrated the on-time submission of our major deliverables—a true testament to our pan-European consortium—and outlined our next big steps, from ecological testing to our upcoming meeting in Thessaloniki! [\[Read the post here\]](#)

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### FOLLOW OUR JOURNEY: PROJECT and EVENT DIARY

Want to stay up to date with every step of MOVE ON UP?

You can track all our latest activities, upcoming events, and behind-the-scenes progress directly on our website.

[Visit our project and event diary to see how we are transforming Parkinson's care, day by day.](#)

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**Stay tuned for participant recruitment soon!**

**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



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



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