

# Chris's Story

Proudly supporting

**WE ARE  
UNDEFEATABLE**



This is Chris.



He was told he had Parkinson's Disease at 39 years old.

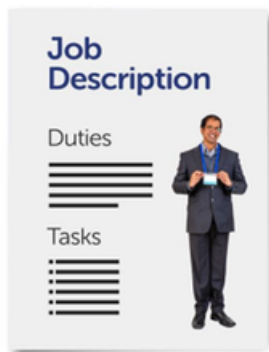
Parkinson's affects your brain.

He was struggling to get in and out of the car, clumsy and shaking.



He had deep brain stimulation, which helped his shaking and walking.

He can now exercise again.



Chris found coping with his illness difficult.

He had to look for a new job closer to home.

Chris found a good boss who said he could work part-time so he could exercise more.



Mind2Muscle gym helped Chris.

At the gym, Chris likes lots of activities including boxing.



Exercising has helped Chris feel better, physically and mentally.