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David Zid is the author of Delay the Disease (3.50 avg rating, 6 ratings, 0 reviews, published 2007) and Delay the Disease - Functional Fitness for Parki
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2007; 16 (Spec No. 2):
<http://europepmc.org/articles/PMC4013820>

Jan 23, 2014 mood and motor function in older patients with Parkinson's disease. Fifteen subjects with
moderate Parkinson's underwent 16 weeks of 02/07
http://article.wn.com/view/2014/01/24/Highintensity_strength_training_shows_benefit_for_Parkinsons/

David Zid is a graduate of The Ohio State University and has been a professional fitness instructor in
Columbus, Ohio since 1997. He is the owner and president of
http://www.factsfetch.com/isbn-find-book-title/delay-the-disease_9781424332083

Navigating Life with Parkinson Disease Delay the Disease -Exercise and Parkinson's 2007. by David
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Mallory, M.D., who is afflicted with Parkinson"s disease, in the
<http://www.tower.com/delay-disease-exercise-parkinsons-david-zid-dvd/wapi/117061931>

Delay the Disease and David Zid have a quick tip to battle stiffness, rigidity. This seated rotational stretch is a great way to get flexibility back.

<http://www.youtube.com/user/briaegan>

Delay the Disease Exercise program is demonstrating significant and breathtaking reversal of disability through these dedicated exercise routines.

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David Zid is a graduate of the Ohio State University and has been a professional fitness instructor in Columbus, Ohio since 1997. Certified through ACE and APG as a

<http://dzhealthworks.com/post-portfolio/david-zid/>

Delay the Disease is a fitness plan and community-based exercise program designed to empower people with Parkinson's disease (PD) to optimize their physical function.

<http://blog.theracycle.com/?tag=david-zid>

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http://www.centralohioparkinson.org/poc/center_index.php?cn=1317

By: David Zid Columbus Health Works Productions, LCC. David Zid is a certified personal trainer and functional fitness trainer, and the owner and president of

<http://www.nchpad.org/473/2360/Delay~the~Disease~~Exercise~and~Parkinson~s>

May 04, 2012 David Zid/Delay the Disease demonstrates his innovative creation, "Ziddy Sticks". If you have Parkinson's Disease and struggle with arm swing and walking

http://www.youtube.com/watch?v=UNQtC_ZcZbU

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