Water Exercise for Individuals with Parkinson’s Disease: A Pilot Study

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Ian Newhouse, PhD is Dean of the Faculty of Professional Schools, Lakehead University. His general research and teaching interests are in the area of exercise physiology and sports medicine. His Doctoral research examined the effects of iron deficiency and supplementation in female athletes. His research, has since evolved in two ways; from a human performance focus to a much broader human health application, and from iron deficiency to mineral metabolism. Current research has focused on iron status and cognitive performance in adolescent females. Dr. Newhouse can be reached at ian.newhouse@lakeheadu.ca.