

Knock Out Parkinson's Disease with Rock Steady Boxing

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You are not alone!

More than 1 million people in the United States have been diagnosed with Parkinson's Disease

More than 60,000 people are diagnosed every year

What is Parkinson's Disease?

- A disease that affects a person's movement and coordination that will progress slowly over time
- The disease occurs due to a loss of a chemical in the brain called dopamine

Characteristics of Parkinson's

- Stiffness
- Slow walking speed
- Resting tremor
- Soft speech
- Small handwriting
- Difficulty swallowing



Benefits of Boxing

- Benefits can be experienced no matter what stage of the disease you are in
- Exercise involves learning new skills and high physical activity
- Research has shown that high intensity exercises can reduce, or delay the progression of Parkinson's Disease
- Increase independence and confidence in yourself
- **Check with your neurologist before beginning a new exercise program!**



Types of Exercise

- 60-90 minute exercise class
 - Non-contact boxing
- Learn how to hit punching bags with different combinations to increase coordination
- Focus on footwork through balance exercises
- Count your punches out loud to increase the strength of your voice
 - Stretching to reduce stiffness
 - Quick motions to get your muscles working

For more information you can also contact Andrea Miller, DPT
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