



**Michiana Partners for Parkinson's**

[www.RockSteadyBoxingMichiana.com](http://www.RockSteadyBoxingMichiana.com)

## Rock Steady Boxing Explained

Rock Steady Boxing is a health and wellness program designed for people with Parkinson's Disease, a neurological condition that affects balance, strength, walking, and especially confidence. It's based on a foundation of non-contact boxing, and it's very effective for improving the symptoms that people with PD typically experience.

## Physical Benefits of Rock Steady Boxing?

Many benefits are linked to the Rock Steady Boxing training methods. There's much scientific research that supports routine exercise for people who live with Parkinson's Disease. Regular RSB training sessions help people with Parkinson's to experience less muscle stiffness and pain, while generally improving their balance and capacity for motion.

RSB training is an effective training method that's hugely beneficial for people in all stages of PD, including those who have just been diagnosed and those who have lived with PD for decades. Rock Steady Boxing helps Parkinson's patients to move easier and more safely while improving their posture, gait, flexibility, and resistance to injury. It opens the window to healing and happiness.

For most Parkinson's patients, increasing physical activity levels to a minimum of 2 1/2 hours weekly significantly slows down the decline in quality of life. Our clients love us and thank us for helping them to:

- Improve their confidence.
- Decrease the severity of PD symptoms.
- Experience reduced fear of falling.
- Perform daily activities more efficiently with higher quality.
- Understand their physicality better and improve self-management.
- They will be able to perform activities that many of us take for granted, like climbing stairs, entering a vehicle, and simply standing up and walking across the room. Regular training sessions improve every area of their lives.

We enjoy helping our clients set new goals, break out of their comfort zones, and accomplish goals that they thought they would never be capable of.

## Why Rock Steady Boxing?

RSB was founded as a labor of love to truly help people. Founder Scott C. Newman worked with former Golden Gloves boxer Vince Perez to develop a training system that would help those with PD live more independently with greater strength, balance, and confidence. Scott was diagnosed with PD at age 40, and he was not going to just sit by idly while his life and physicality were devastated. So, Scott chose to Fight Back!

The team at Rock Steady Boxing of Michiana is committed to helping those with PD live better lives. That's our main goal. We enjoy lifting people up and watching them remember how it feels to be capable and confident. For some, it has been a very long time since they were able to perform mundane tasks that many of us take for granted. It's wonderful to watch them consistently improve.