

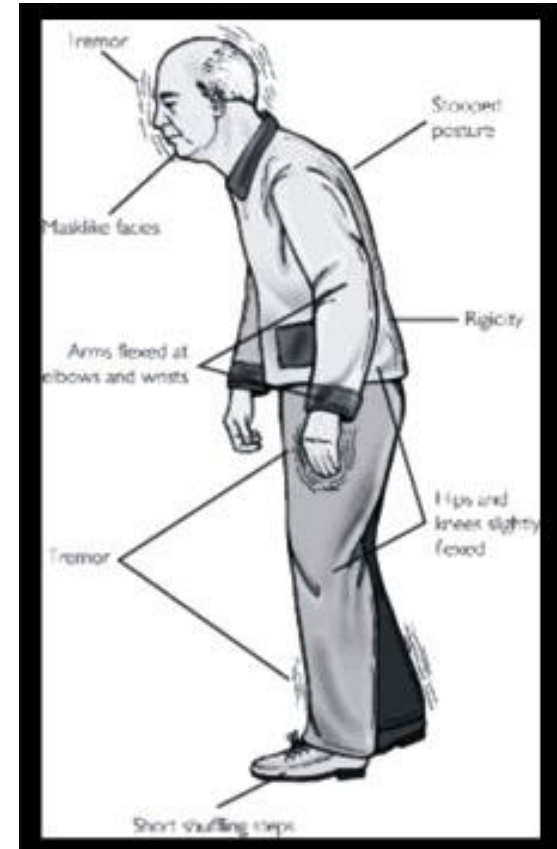


**FIGHTING BACK AGAINST PARKINSON'S**

# WHAT IS PARKINSON'S?



- A chronic progressive neurological disorder
- Symptoms worsen over time
- About 1 1/2 million people with PD in the U.S.
- Current treatments are medication & deep brain stimulation surgery
- Exercise can help slow progression
- There is no cure



# GOING HOME WITH PARKINSON'S



- Anxiety and Depression
- Fear and isolation
- Helplessness
- Beginning of a downward spiral physically & emotionally
- Few resources available for quality of life



Medications to  
be Used with  
Caution for  
People with  
Parkinson's

> [Read the Brochure](#)

# EXERCISE IS MEDICINE



**Rock Steady Boxing program**

**Bring hope to people with  
Parkinson's**

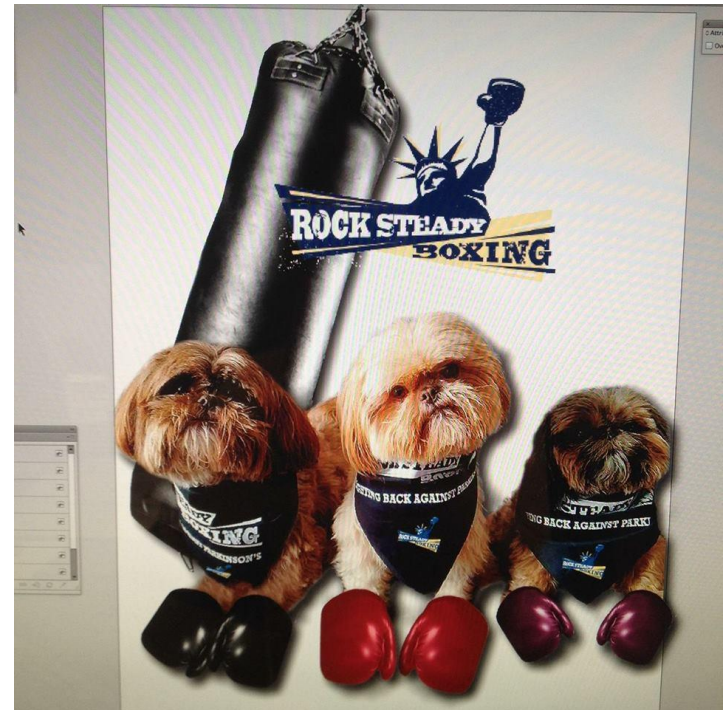
**To fight back against the disease**

**Classes available at**

**Di's Personal Fitness**

**Intense exercise is a combatant to  
Parkinson's disease!**

# TODAY





# ROCK STEADY!



- Intervene at DAY OF DIAGNOSIS
- Provides hope, joy, laughter in a non-clinical environment
- Recognizing the value of the individual - “you are not defined by your disease”
- Sense of Community
- Celebrate everyday small victories



# BOXING FOR PARKINSON'S?



Why do we Box?



# PARKINSON'S & EXERCISE



"The results showed that FORCED INTENSE EXERCISE is a more effective therapy to reduce symptoms of Parkinson's disease"



# **MOST INTENSE?**



## **ESPN STUDY**

A panel of sports scientists from the United States Olympic Committee tested 60 sports on degree of difficulty in:

- **AGILITY**
- **NERVE**
- **DURABILITY**
- **HAND-EYE COORDINATION**
- **ANALYTIC APTITUDE**
- **ENDURANCE**
- **STRENGTH**
- **FLEXIBILITY**
- **POWER**
- **SPEED**

# **“THE SWEET SCIENCE”**



**ESPN STUDY**

**BOXING RATED # 1**

**AS THE MOST DEMANDING  
SPORT OF ALL!**



# WHY WE BOX



## PARKINSON'S SYMPTOMS :

Tremor  
Bradykinesia  
Rigidity  
Postural Instability  
Stooped Posture  
Shuffling Gait  
Freezing

## SECONDARY SYMPTOMS:

Cognitive Issues  
Depression  
Emotional Changes

## BOXERS TRAIN TO IMPROVE:

Hand-eye Coordination  
Speed of Movement  
Flexibility  
Optimal Balance  
Core Strength  
Agility  
Rapid Muscle Fire

## BOXERS WORKOUT:

Improve Mental Focus  
Reduce stress  
Improve mood

# PD CLASS LEVELS



## PD LEVEL 1

- High intensity workout
- Minimal on/off periods
- Able to self-modify



## PD LEVEL 2

- Symptoms more visible
- Posture, gait, balance more affected
- More modifications needed



# PD CLASS LEVELS



## PD LEVEL 3

- Movements are much slower
- Cognitive impairments
- Non-verbal communication issues
- De-conditioning



## PD LEVEL 4

- Later stage Parkinson's
- Walking limitations
- Cognitive impairments
- One-on-One assistance





# FUNCTIONAL FITNESS

Walk Better

Fall Better

Get up and down safely

Increase Rotation

Balance

Voice Activation

Happiness & Fun



# THE ROCK STEADY METHOD



Boxer's Regimen (*non-contact*)

Functional Movement Fitness

Intense, circuit-based training

Push beyond perceived limits

Tough Love & FUN!





# It is also fun!!!

