

## Mission statement



To maximize the mental, emotional and physical potential of people with Parkinson's disease throughout their lives, through an intensive and rigorous regimen and plan of exercise delivered in the context of a welcoming, professional and supportive environment.

We accomplish these goals by raising expectations, strengthening physical abilities and fostering a culture of optimism and efficacy. Non-contact boxing is simply the training paradigm that we use; fighting Parkinson's while caring for each other is what brings us together. Participants attest to RSB's importance to their quality of life:

*Gary: "I don't know what might have happened if I hadn't found Rock Steady, but I know it has been a gift to feel I can do something positive with a negative condition."*

*William: "When I realized I had Parkinson's, my heart sank to my toes... I've been boxing at Rock Steady for four years... the exercise has definitely reduced my symptoms of Parkinson's."*

### Physician release

Please talk to your doctor about providing a release to participate in Rock Steady Boxing.



## PARKINSON'S FIGHT CLUB

For more information about  
Rock Steady Boxing  
including cost and schedule,  
call (765) 983-3092 or visit  
[ReidHealth.org/Rock](http://ReidHealth.org/Rock)



## Reid Health

Rehabilitation Services

### Rock Steady Boxing

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[ReidHealth.org/Rock](http://ReidHealth.org/Rock)

## Fighting back against Parkinson's



## Reid Health

Rehabilitation Services

### Rock Steady Boxing

# FIGHTING PARKINSON'S

Parkinson's disease (PD) is a neurological disorder that affects nearly 1.5 million people in the United States. It is a disease that currently has no cure, nor has research determined its cause. As the noted Movement Disorder Specialist, neurologist Abraham Lieberman, M.D. has described it, "Every day, people with Parkinson's awaken, trapped in their bodies."

## Symptoms are progressive and can include:

- Involuntary tremors
- Muscle rigidity
- Decline of rapid movements
- Problems with gait and posture
- Cognitive impairment/dementia
- Loss of balance
- Speech and vision impairment
- Social withdrawal
- Pain

## PD's impact is more than physical

The emotional toll on families can be as harmful as the physical consequences to those afflicted with the disease. People with Parkinson's often isolate themselves due to their struggle with movement and communication. Not surprisingly, in light of the progressive nature of the disease, they become susceptible to depression. Family, especially spouses, may resent the burdens of caring for someone with Parkinson's or may simply feel overwhelmed by the physical and emotional challenges created by the disease.

## Effective Exercise and Group Support

Area residents struggling with Parkinson's disease can attend classes at the Transitional Care Center. Using non-contact, boxing-inspired fitness routines, participants can dramatically improve their ability to live independent lives.

In addition to the neurological improvement created through the rigorous forced exercise regimen, there is a bond among participants and those charged with providing care. This community of support can improve the well-being of persons with Parkinson's as well as their caregivers and loved ones.

**Rock Steady Boxing (RSB) delivers a message of hope and motivation to those who have been told that each day their movement and cognitive ability will worsen...**

***and the results have been stunning!***



## Connection to Boxing

Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At Reid Health Rock Steady Boxing, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: improve quality of life.

Various studies support the notion that rigorous exercise, emphasizing gross motor movement, balance, core strength, and rhythm, could favorably impact range of motion, flexibility, posture, gait, and activities of daily living while slowing disease progression.

Our clients attest, and academic institutions such as University of Indianapolis are reporting and documenting the improved quality of life among boxers. There is evidence that progress is made in all stages of the disease by those participating in the RSB program.

## Can anyone with Parkinson's participate?

We have yet to find anyone with Parkinson's disease who could not participate nor benefit from Reid Health Rock Steady Boxing. Classes are open to men and women, ages 30 through their 90's.

Supported by  
Pro's Players Fore  
Parkinson's Fund

 **Reid Health**  
Foundation

**ROCK STEADY**  
**BOXING**  
AFFILIATE