

## Star Affiliate of the Month

### Rock Steady Boxing, Belleville, IL

Rock Steady Boxing, Belleville at Memorial's Belleville Health and Sports Center, received "Star Affiliate of the Month" for December from the National Rock Steady Organization. Rock Steady Belleville, celebrated their 6-month anniversary and are amazed at how many people of all ages in their community have Parkinson's disease with new participants starting each week!

*Head Coach:* Stacie King

*Assistant Coaches:* Denise Dill and Marsha Hohe

*Classes:* 4 classes per week with 35 boxers enrolled in the program. Tuesdays and Thursdays are their most popular days with 18-20 boxers attending class then.

*Training Tip:* We love having our boxers repeat words in their loudest voice so they can activate and use their vocal cords. Our favorite moves are doing focus mitt work with the boxers and circuit work where they are slamming balls, jumping rope, doing twinkle toes on a bench to loud, motivating music. The energy in the room is amazing!

*Amazed by the Miracles:* We had a participant come to his first class using a cane to walk. He could not stand for more than a few minutes at a time and he had to be pulled up to get out of the chair. The second week of classes, he forgot to bring his cane and he was fine throughout the whole class. Every time we see him, we see a miracle. He is getting so strong and his wife is grateful for not having to pull him up anymore. This is only one story; we have so many miracles happening in the classes every day! For more information on this dynamic program for those with Parkinson's, please call 618-398-2778.

