

INFORMATION

Participants are encouraged to take a Rock Steady class at least two times per week. Classes are free for members. Participants will need to complete the initial assessment and screening process before beginning, obtain a release to begin the exercise program from their physician, purchase gloves and join the sports center.

PARKINSON'S MEMBERSHIP

\$26 per month

This can be paid monthly or every three months (\$78)

INITIAL SCREENING

\$40

BOXING GLOVES

\$25 from our pro-shop

Call 618-398-2778 for more information on this program or visit our website at www.bhsc.info

ROCK STEADY BOXING

Our mission is to empower people with Parkinson's disease to fight back. The methods and exercises used by Rock Steady Boxing have been scientifically proven to help with the specific symptoms of Parkinson's disease.

The curriculum of the Rock Steady method is designed to specifically address the symptoms that occur with Parkinson's disease.



1001 South 74th Street
Belleville, Illinois 62223
For more information:
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FIGHTING BACK

AGAINST PARKINSON'S

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WHY BOXING?

- Several medical studies on exercise and Parkinson's have concluded that **forced intense exercise** can slow the progression of Parkinson's. In other words, when exercise is done at a volunteer rate, there is less benefit than when exercise is done that pushes or forces someone out of their comfort zone.
- Boxers train to improve balance, hand-eye coordination, speed of movement, agility, muscle power, mental focus and rhythm. All of these things happen to be issues for people with Parkinson's. So instead of focusing on the specific symptoms of Parkinson's, people can learn a new skill that is fun and a good stress reliever while addressing many of the symptoms of Parkinson's.
- **PLUS** - it's more fun to tell your kids/grandkids that you are going to a **BOXING CLASS** than Physical Therapy!

IN THIS CORNER...

HOPE



WE UNDERSTAND

Rock Steady understands that there are many different levels of Parkinson's and many levels of fitness. Rock Steady coaches are trained to modify exercises so that anyone can benefit. There is a **FIGHT** in all of us. Steady boxing can be done at any level of Parkinson's disease through the tough love of the coaches and their understanding of the disease.

All Rock Steady participants go through a significant assessment and screening procedure before being allowed to participate.

ROCK STEADY
BOXING
BELLEVILLE at


MEMORIAL
BELLEVILLE HEALTH
& SPORTS CENTER