

Parkinson's causes a loss in many of the same elements that boxers condition to improve. And published medical research has shown that forced, intense exercise can reduce, reverse and delay Parkinson's symptoms. We also know that a diversity of these symptoms needs to be addressed simultaneously.

In comparison with other sports, boxing is the most physically demanding styles of training, according to a study conducted by ESPN and by people who have done it! But in addition to being an intense, diverse form of training, boxing is also an incredible stress reliever, confidence booster and FUN!

"We sized them up. We measured them, top to bottom. We've done our own tale of the tape. We've come to the surprising conclusion. Pound for pound, the toughest sport in the world is....boxing!"

<http://www.espn.com/espn/page2/sportSkills>

RESULTS

Various studies in the 1980s and 1990s supported 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. More recent studies, most notably at Cleveland Clinic, focus on the concept of intense "forced" exercise, and have begun to suggest that certain kinds of exercise may be neuro-protective, i.e., actually slowing disease progression.



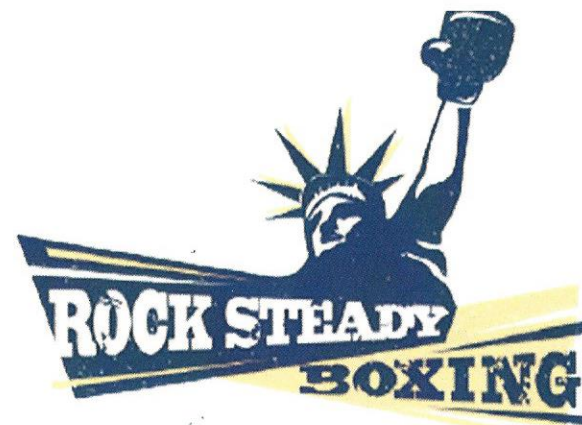
The following research studies listed below provide early validation of the effects of forced or intense exercise. The study conducted by Dr. Stephanie Combs-Miller and colleagues from the University of Indianapolis specifically studied participants in the RSB program.

Combs, Stephanie A., Diehl, M. Dyer, Staples, William H., Conn, Lindsay, Davis, Kendra, Lewis, Nicole, Schaneman, Katie. Boxing Training for Patients with Parkinson's Disease: A Case Series. *Physical Therapy*, Vol. 91 – No. 1, pp.1-11, January 2011. This is an observational study of Rock Steady Boxing training in six participants. After 12 weeks of training there were measurable improvements in gait, balance, and quality of life. Participants with milder Parkinson's improved sooner than patients with more severe Parkinson's symptoms.

Hirsch, M. A., Farley, B.G. Exercise and neuroplasticity in persons living with Parkinson's disease. *European Journal of Physical and Rehabilitation*, Vol.45 – No. 2, pp.215-228, June 2009.

Ahlskog, Ph.D. M.D. J. Eric. Does vigorous exercise have a neuroprotective effect in Parkinson disease? *American Academy of Neurology, Neurology* 2011, pp 288-294, July 27, 2011. Two excellent reviews of the human and animal research which shows the impact of the exercise on brain function in PD. Both reviews focus on the importance of vigorous or high intensity exercise for Parkinson's disease. Ridgel, Angela L., Vitek, Jerrold L., Alberts, Jay L. Forced, Not Voluntary, Exercise Improves Motor Function in Parkinson's Disease Patients. *Neurorehabilitation and Neural Repair*, vol. 23 – No. 6, pp 600-608, July/August, 2009. Tandem bicycle study in which subjects either rode at their chosen rate, or rode a rate higher than their chosen rate. Tension was adjusted and oxygen consumption measured so that both groups expended the same amount of energy. However, the group that rode at the higher rate had greater improvements in PD symptoms.

A study completed by the University of Indianapolis, "A Longitudinal Analysis of Impairment, Activities and Participation in Persons with Parkinson's Disease" led by Dr. Stephanie Combs-Miller will be released soon. This is a 2 year study that is followed 88 people with Parkinson's and studied their exercise habits and how that affects their symptoms. While the print version of this study is not yet released, Dr. Combs-Miller's video presentation on her study can be found here: <https://www.youtube.com/watch?v=F4Lj6sGmb-I>



THE CHALLENGE

Parkinson's disease is a degenerative movement disorder which can cause deterioration of motor skills, balance, speech and sensory function.

The Parkinson's Disease Foundation estimates there are more than 1 million people in the United States diagnosed with Parkinson's disease, and more than 60,000 people are diagnosed each year. Rock Steady Boxing is the first gym in the country dedicated to the fight against Parkinson's.

In our gym, exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.

HISTORY

Rock Steady Boxing, the first boxing program of its kind in the country, was founded in 2006 by former Marion County (Indiana) Prosecutor, Scott C. Newman, who is living with Parkinson's.

Newman began intense, one-on-one, boxing training just a few years after he was diagnosed with early-onset Parkinson's at the age of 40. Newman witnessed the dramatic improvement in his physical health, agility and daily functioning through the intense and high energy workouts. Newman's quality of life improved very dramatically in a short time due to his fighting back against Parkinson's Disease.

As word of this unique program spread and the demand for the classes increased, Rock Steady created training programs to meet the fitness levels at all stages of Parkinson's – from the newly diagnosed to those who had been living with it for decades plus.

Rock Steady Boxing is often asked about the design of our logo – the Statue of Liberty embellished with a boxing glove. According to Newman, the words inscribed on the Statue of Liberty and the hope symbolized by her presence at Ellis Island, illustrated his dream that Rock Steady Boxing would be a beacon of light and hope for those suffering with Parkinson's Disease.

Our mission is to empower people with Parkinson's disease to "fight back."

THE ROCK STEADY BOXING SOLUTION

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Our clients attest, and academic institutions, such as University of Indianapolis and Butler University, are reporting and documenting the improved quality of life among our boxers. Discovery of a cure may be many years away but in the last seven years, there is evidence that progress is made in all stages of the disease by those participating in the RSB program.

Call today to schedule an appointment to visit the gym, speak privately with a Coach, or watch a class in action.

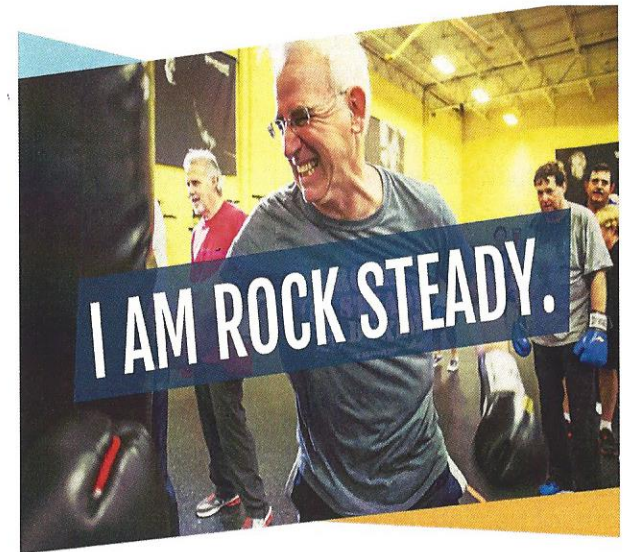
Rock Steady Boxing Program
Presented by: Casper Boxing Club
910 Barbara Street Casper, WY 82601
(307) 265-2471 Gym Office
(307) 259-3243 Gloria Jensen,
General Manager

Please consult your physician before starting any exercise program.

Classes are Mon, Tues, Thurs, Fri

from 10-11am

\$50.00 Per Month



IN THIS CORNER, HOPE!

Non-contact boxing inspired classes can reverse, reduce and even delay the symptoms of PD.

We are learning every day that there are ways in which people with Parkinson's Disease can enhance their quality of life and even build strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better.

Boxers condition for optimal agility, speed, muscular endurance, accuracy, balance, hand-eye coordination, footwork and overall strength to defend against and overcome opponents.

At Rock Steady— the opponent is Parkinson's Disease.