



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG AND STEADY

## Parkinson's Boxing Club

### THE BENEFITS OF BOXING TRAINING

Non-contact Boxing training can be useful for managing symptoms of Parkinson's disease. This combination of interval cardio and boxing drills improves:

- Coordination
- Balance
- Endurance
- Strength
- Reaction time

### AVAILABLE AS PART OF SCRIPTFIT

This program is available to members who qualify for ScriptFit, our prescription exercise program. Simply register for Scriptfit, and request the Boxing Program. See the ScriptFit program brochure for more information!



### RECOMMENDED EQUIPMENT

**12-16 oz. boxing gloves, hand wraps.**

Rocky Mount  
235 Technology Dr.  
Rocky Mount, VA 24151  
(540)489-9622

Smith Mountain Lake  
293 FirstWatch Drive  
Moneta, VA 24121  
(540)721-9622

Ferrum  
333 Wiley Dr.  
Ferrum, VA 24088  
(540)365-9622