

# Boxing and Strength Training for Parkinson's Class



# This 55-minute class is made up of:

- Boxing Drills
- Strength Training
- Aerobic/Cardiovascular
- Balance Exercises
- Coordination/Agility Drills



# Why Boxing?



- Increase Cognitive Skills via Dual Task activity
- Improved Hand-Eye Coordination
- Improved Balance and Gait
- Improve Reaction Timing to help avoid falls
- Cardiovascular Improvement
- Increase in Bone Building



## JOURNAL ARTICLE

### Boxing Training for Patients With Parkinson Disease: A Case Series [Get access >](#)

Stephanie A. Combs ✉, M. Dyer Diehl, William H. Staples, Lindsay Conn, Kendra Davis, Nicole Lewis, Katie Schaneman

*Physical Therapy*, Volume 91, Issue 1, 1 January 2011, Pages 132–142,

<https://doi.org/10.2522/ptj.20100142>

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# Why Strength Training?

- Maintain muscle mass → body composition/health, ADL
- Maintain mobility → independence
- Produces Dopamine naturally → less medications/fluctuations
- Increased Grip Strength → longevity
- Improvements in gait speed, stride length, weight distribution → balance, decreased fall risk
- Lowers depression, enhances brain health, builds self-confidence



To maximize benefit for the Parkinson's patient, exercise must be a learning modality with goal-oriented targets and cognitive engagement.

- Dr. Giselle Petzinger



# Class Times

Mondays 1pm: Beginner

Tuesdays 1pm: Intermediate

Thursdays 1pm: Advanced

NEW EVENING CLASS

Tuesdays 6pm: Beginner-Intermediate



# Additional Services

- Chair Strength and Mobility Class: Mondays & Fridays 10am
- Personal Training
- Gym Memberships

## Contact



[Info@AIMHumanPerformance.com](mailto:Info@AIMHumanPerformance.com)



(571) 398-6923



[www.AIMHumanPerformance.com](http://www.AIMHumanPerformance.com)



Lake Ridge/Woodbridge, VA

