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## Service Learning Reflection Report

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Volunteering at the gym, which aims to help people achieve their fitness goals through boxing, is a component of service learning at a boxing gym. One needs to be genuinely interested in boxing and helping others reach their fitness goals in order to develop a strong connection to serving as a service learner at said boxing gym. This entails getting to know the gym's goals, core principles, and culture as well as forging relationships with other patrons and volunteers. There are many different activities that take place during a typical day at a boxing gym, including training sessions, sparring, conditioning drills, and coaching. Members of the gym can typically choose from a schedule of classes that includes fitness, advanced boxing techniques, and fundamentals of the sport. Members may also have access to open gym hours where they can practice independently in addition to the scheduled classes. A boxing ring is typically in the center of a boxing gym, with heavy bags and speed bags lining the walls as well as other exercise gear like weights and cardio machines. Members may have access to a changing area or locker room at the gym. Depending on the location and size of the facility, boxing gyms can vary. The boxing strong gym I serve at is more intimate and condensed, and smaller classes are encouraged to foster a sense of community and family among the participants. I frequently choose to use Uber to get to the boxing gym where I conduct service learning. I am relieved to not have to worry about parking because I won't be driving, even though the parking lot is small and congested when I get there. A cross-fit gym that is divided in half shares the same building as the boxing gym. I can hear loud music playing in the other half of the building and the sounds of

weights being dropped as I make my way to the door. As I walk into boxing strong, I experience excitement and anticipation. The room is dimly lit, and the aroma of sweat and leather fills the air. Boxing gloves, punching bags, and other accessories are all over the place. I'm initially anxious because I don't know what to expect, but the welcoming staff and other volunteers soon put me at ease.

Boxing Strong has a distinctive set of resources that can enhance the general health and happiness of its citizens. A strong sense of community, a focus on physical fitness and health, and access to knowledgeable coaches and trainers are three advantages that exist within a boxing community. First of all, many boxing strong is distinguished by a strong sense of community. Members frequently come from different backgrounds and have a common passion for the sport, which fosters a sense of support and camaraderie outside of the gym. This sense of community can promote a sense of social connectedness and belonging, which can be beneficial for mental health. Second, boxing places a lot of emphasis on physical health and fitness. Due to the demanding physical requirements of the sport, cardiovascular endurance, strength, and agility are frequently given priority in training plans. As a result, many boxing strong provides a variety of fitness programs and tools that can aid people in enhancing their general health and well-being. Another benefit of boxing strong is having access to knowledgeable coaches and trainers. Coaches ensure that training is done effectively and safely while also providing individuals with individualized training plans and support to help them reach their fitness goals. For people who are new to boxing or who may need to modify their training regimen due to pre-existing health conditions, this is particularly crucial.

Even though boxing communities have a lot to offer, there are still a lot of problems and obstacles that can prevent residents from adopting healthy habits and raising their quality of life.

Financial constraints, a lack of access to wholesome food options, and a lack of transportation options are three potential problems for the community. First, many people who live in boxing communities may face significant financial difficulties. Although many gyms offer reasonably priced membership options, there might still be extra costs for equipment, training supplies, or other resources that make it challenging for people with limited financial resources to fully participate. Further aggravating financial difficulties for community members can be additional factors like high healthcare costs or restricted access to healthy food options. Second, in some boxing communities, it can be difficult to find healthy food options. For residents to maintain a healthy diet, many neighborhoods may lack grocery stores or farmers' markets that sell fresh fruits and vegetables. Instead, locals might rely on fast food establishments or convenience stores, which can eventually be more costly and less healthy. The community's general health may suffer as a result of the lack of access to healthy food options. Finally, for many people living in boxing communities, a lack of transportation options can be a major problem. People may not have easy access to dependable public transportation, which makes it challenging for them to get to the gym or other locations that can encourage healthy behaviors. For those who do have access to transportation, parking, and traffic congestion can be major hindrances that deter people from engaging in healthy activities. There are still a number of challenges and barriers that can prevent people from adopting healthy behaviors and improving their standard of living, despite the fact that boxing communities have many unique characteristics that can be advantageous to the health and well-being of their residents. By identifying and resolving these problems, boxing communities can help ensure that all locals have access to the resources and help they need to achieve their health and wellness goals.

Boxing as a sport does not advance any specific political or social ideology, so boxing gyms are not necessarily associated with any particular -ism. However, some boxing gyms might be connected to particular neighborhoods or groups of people, like urban or working-class areas, and they might offer a place where people can congregate and pursue their athletic and fitness goals. Being a man of mixed race—black and Hispanic—who was once severely underweight, I have insights and experiences that help me relate to and inspire individuals from similar backgrounds to pursue fitness and healthy lifestyles. You might also be able to act as a role model for people who previously might not have had access to such role models.

Boxing gyms have historically been thought of as locations for rigorous training and competitive sport. But in recent years, they have also become accessible and welcoming places where people can enhance their wellness and health. Boxing Strong provides individuals with a friendly and encouraging community. Contrary to traditional fitness facilities, where people frequently exercise alone, boxing gyms promote a sense of community and support. Members are urged to support and encourage one another, which is especially beneficial for those who may be new to fitness or who may feel intimidated by conventional gym culture. Boxing gyms frequently hire coaches and trainers who are educated, enthusiastic about what they do, and willing to get to know their clients on a personal level. For those who might not have a strong support network outside of the gym, this personal touch can be especially helpful in fostering a sense of community and belonging. Additionally, boxing strong provides a variety of training options and classes that are open to participants of all backgrounds and abilities. For those who are new to the sport, many gyms provide beginner-friendly classes that concentrate on fundamental techniques and fitness drills, which can be a great place to start. Additionally, boxing gyms frequently provide adaptive programmings, such as seated boxing or modified workouts, for

people with disabilities or injuries. These adjustments make sure that everyone, regardless of their physical capabilities, can take part and benefit the most from their workout. Many people discover that boxing has a positive effect on their mental health and general well-being in addition to the physical advantages of increased strength, endurance, and cardiovascular health. Stress and anxiety can be greatly reduced through the intense physical activity of boxing, and one's self-esteem can be greatly boosted by the sense of accomplishment that comes with learning a new skill. Additionally, the sense of camaraderie and support that is promoted in boxing gyms can give people who might be experiencing social isolation or loneliness a much-needed social outlet. Last but not least, a lot of boxing gyms are dedicated to fostering a welcoming and inclusive environment for everyone, regardless of race, gender identity, sexual orientation, or socioeconomic status. This dedication is reflected in the gym's practices and policies, which include offering sliding-scale pricing or free classes to those with limited financial resources. Additionally, a lot of gyms place a high value on diversity and inclusivity in their outreach and marketing initiatives, making sure that everyone feels valued and at home the moment they walk through the door. In conclusion, boxing gyms have the potential to be effective settings for people to enhance their physical and mental wellness. Boxing gyms can create a setting that is welcoming and encouraging for people of all backgrounds and abilities by encouraging a sense of community, providing accessible training options, and placing a high value on inclusivity and diversity.

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