

ABCs of Rock Steady Boxing and FAQs/Quick Success Guide for Boxers and Coaches

- A- Accept**
- B- Believe**
- C- Commit**

Accept your Parkinson's Diagnosis and what that means for you.

Parkinson's means there is a lack of dopamine production in the brain which creates different symptoms for everyone. It is a progressive disease that shows up uniquely in each individual.

Medication can be an effective way to manage symptoms while exercising is a sure way to slow the progression of the disease.

We have to accept that we may not be physically like we were before or that we do not have the ability that we would like to possess currently, however, we should accept we have absolute control for what we choose to do from this point forward.

You absolutely can make a difference in your life with consistent exercise and healthy lifestyle choices. We are not victims we are fighters.

Believe in the benefits of Rock Steady Exercises.

Rock Steady has been scientifically proven through multiple studies and anecdotal stories to slow the progression of Parkinson's disease. Tens of thousands of people across the country are using Rock Steady as a way to fight Parkinson's and bring about the best quality of life possible for them. We have detailed the benefits below in the proceeding document.

Commit to the program.

Real change and success comes with commitment. Once you accept your condition and believe in the benefits of Rock Steady, all that is left is to commit to the program. Our feelings, emotions, and symptoms can always fluctuate, but if our commitment to the program remains steady, we are sure to succeed. In order to retrain the brain and body for health and happiness you must commit over a long period of time. Our program is not contractual and is month by month but

your overall commitment to your health and happiness should be lifelong. Each day you are part of this program is an opportunity to enrich the quality of your life.

FAQs - Quick Success Guide

1. *What is the big deal about Rock Steady Boxing?*

We use exercise as a way to empower you and fight the symptoms of Parkinson's. Parkinson's can cause fatigue, slowness, stiffness, weakness, imbalance, cognitive/coordination issues and low mood. Boxing inspired exercises promote energy, mobility, strength, balance, coordination, confidence, and overall well being.

Exercise builds strength through muscle development and supports neuroplasticity, helping the brain form healthy new connections. It naturally boosts dopamine, serotonin, endorphins, and oxytocin which counteract stress hormones like cortisol which in turn makes you feel much better on many levels physically, cognitively, and emotionally. This program can fight symptoms as effectively as medication for many people. Effects can be felt after one class, but longterm commitment is where real change happens.

2. *How does virtual RSB compare to in person RSB?*

Both are effective.

In person offers more equipment, mitt work, hands on cues, and in person social

connection.

Virtual is convenient, safe at home, and still high intensity with strong coaching and modifications.

Our program is designed to be done 3x a week. If you miss a day at the gym do one of our virtual classes at home.

3. What training do instructors go through?

Coaches complete the Rock Steady Boxing certification which includes Parkinson's specific exercise science, safety, and class design.

Coach Deans experience comes from eight years of working hands on with over two hundred fifty people with Parkinson's. We as coaches get the privilege of spending a multiple hours a week with people with Parkinson's. It gives us a chance to hear from them, see them, learn from them what works for some and doesn't work for others. One thing we know for sure is exercise helps everyone one way or another.

4. Length of workouts?

Typically 55-60 minutes. You can go at your own pace and build up your tolerance gradually.

5. *What intensity should I expect?*

Moderate to high but always adjustable. Classes are built for all abilities with modifications to make it easier or harder based on your needs. Science shows the harder you work, the more benefit you get, but it must always be within your comfort and safety.

6. *Can anyone do RSB?*

Yes anyone can do it. Coordination improves with practice. Exercises are designed to be doable and safe with your ability in mind. It is not about doing them perfectly, it's just about moving our bodies and feeling good. As long as you're moving your body, you're winning. Any movement is better than no movement. Some people even participate in a chair as the workouts can be done seated or standing.

7. *What research is behind RSB?*

Research shows that intense, repetitive exercise involving both sides of the brain and body such as boxing improves motor function, balance, gait, and cognition in people with Parkinson's. It also has shown to lower fear of falling, depression, and anxiety.

Studies take place each year at different universities. You can find notable research papers below.

– Dawson, Rachael A., et al. (2020): Boxing Exercise as therapy for Parkinson disease. Improved balance and Functional testing among participants.

-Larson, Danielle, et al. (2021): High satisfaction and improved quality of life with Rock Steady Boxing in Parkinson's disease. Significant improvement in quality of life scores and non-motor symptoms in participants of Rock Steady Boxing.

– Malczynska-Sims, Paulina, et al. (2022): High-Intensity interval training modulates inflammatory response in Parkinson's disease. High intensity exercise reduces chronic neural inflammation offering neuroprotection to those with Parkinson's disease slowing the progression of the disease.

8. What does success with the program look like ?

Science tells us Parkinson's is a progressive disease, and each person experiences it differently. This program is powerful in fighting Parkinson's, but a success story doesn't necessarily mean reversing symptoms—although that can happen.

A success story means maintaining our abilities, slowing the progression of the disease, and, even if we're not physically what we used to be, still feeling strong, confident, relaxed, in control, and safe in our own bodies.

Closing Statement from Coach Dean

I know these principles are true because I have seen them firsthand for eight years. Just like learning to do anything in life, you must practice. Absolutely anyone can experience improvement through consistent participation.

With an understanding of your condition, believing in the benefits of Rock Steady, and a commitment to the program you are sure to succeed. It's not a competition—it's a safe, encouraging environment designed to help you feel your best.

You are not alone. We hear you, We see you, We are in this together at Rock Steady.

Enjoy the workouts with our wonderful supportive group and staff. Please reach out to chat with any questions, or to sign up. We are very passionate about helping people with Parkinson's and hope we can help make a difference in your life.

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