

AUGUST 18

What happened to the man who invented tic-tacs?
He made a “mint!”

PARKINSON'S DISEASE

“
Do not confuse my bad days
as a sign of weakness. Those
are actually the days I'm
fighting my hardest.”
”

EXERCISE IS MEDICINE

Click the icon for a kick-butt workout
with Coach Betsy:

[HKC Strength Class](#)



[HKC Parkinson's Fitness Class](#)



Let's talk about Anxiety

Whether or not you experience anxiety, take a few
minutes and learn about anxiety and Parkinson's.

[Anxiety - part 1](#)

[Anxiety - part 2](#)

[Anxiety and Parkinson's](#)

The Parkinson's Alphabet

We all know there are 26 letters in the alphabet, but have you ever checked out the Parkinson's alphabet. Click on [The ABC's of Parkinson's](#), hover over each letter and learn a little bit about Parkinson's

Why wear hand wraps

Boxers wear hand wraps under their gloves for a variety of reasons. As folks who participate in non-contact boxing such as Rock Steady Boxing you punch either bags or focus mitts. You are not, I hope, punching others. Check out the list below and focus on those that apply to you. I, personally, have never worn wraps under my gloves – too confining. You decide.

- Protect fragile bones and joints
- The hand has many small bones and joints that can break from the impact of repeated punches.
- Wrapping your hands can help distribute the impact across your fist, which can prevent broken bones.
- Support your wrist
- Wrapping your hands can help support your wrist and keep your joints aligned.

- Protect your tendons and muscles
- Wrapping your hands can protect your tendons and muscles, and cushion the impact on your wrist.
- Help transfer force
- Wrapping your hands can help transfer force from your fist to your target. A 1984 study found that boxers who didn't wrap their hands had significantly less punching power.
- Bulk out your glove
- Wrapping your hands can help your glove fit more snugly, which can be beneficial.



COMMUNITY CONNECTIONS

~Monday, 11am Hamil-Kerr Strength class (zoom)

<https://us02web.zoom.us/j/81028088770>

~Saturday 11am Hamil-Kerr Parkinson's Fitness with RSB Certified Coach, Betsy (zoom)

<https://us02web.zoom.us/j/81028088770>

~Thursday, 3pm Zoom PD Spin, Ragsdale YMCA

<https://us02web.zoom.us/j/81028088770>

~Thursday, 12pm In Person PD Spin, Spears YMCA

~ **In-person Parkinson's Spin Class at YWCA of Highpoint**

Tuesday and Thursday- 12:00-1:00

Contact Betsy Richter, Aquatics and Wellness Director, with questions. 336.882.4126

~**In-person Parkinson's Spin Class at Ragsdale YMCA**

Tuesday and Thursday- 10:15

~**TAI CHI at Rehab Without Walls- 4008 Mendenhall Oaks Pkwy STE 101, High Point**

Wednesdays- 4:00pm

~ [Rock Steady Boxing - Greensboro \(in person\)](#)

~[Rock Steady Boxing of Archdale \(in person\)](#)

~[A.C.T. By Prince Deese](#)

~For information on in-person 1:1 training in your home, contact Alesia Pendleton

pendleton.alesia@gmail.com

~Parkinson's Stretch Class at Rock Steady Boxing, Greensboro (spouses welcome)-

Friday at 11:30am

~Will Powell- 336-706-0271

ONLINE RESOURCES

~Michael J Fox Foundation: www.michaeljfox.org

~Davis Phinney Foundation: [Live Well with Parkinson's TODAY - Davis Phinney Foundation](http://LiveWellwithParkinsonsTODAY-DavisPhinneyFoundation)

~Parkinson's & Movement Disorders Alliance: www.pmdalliance.org

~Parkinson's Association of the Carolinas: www.parkinsonassociation.org

As always, I'm just a text, email, phone call away

- Yours, Betsy

Certified Rock Steady Boxing Coach
Certified Parkinson's Fitness Specialist
ISSA Certified Personal Trainer

