



FOUNDATION
for Parkinson's
Empowering people to move



AUGUST 4

Why can't fish play music?
Because you can't "tuna" fish!

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



One's dignity
may be assaulted,
vandalized
and cruelly
mocked, but
it can never
be taken
away unless
it is surrendered.

Michael J. Fox



Where it All Started

Hi folks! Inside this week's newsletter we go back to the basics. We'll start with the story of Rock Steady Boxing (marking its 15th anniversary/ strong women- in memory of Vince Perez):

Rock Steady- From the Start

And the story of Newman-Perez-Fullman

(RIP Coach Vince Issac Perez- VIP! ... thank you from your Rock Steady Family around the world)

Rock Steady Boxing- Newman-Perez-Fullmar

Here's a reminder of the Boxing Basics

(thanks Kristy Rose- keep practicing!)

Boxing Stance Jab/ Cross Hook/ Upper Cut

For you to reference, combinations 1-7 are:

1. jab / cross step back-step forward jab/cross
2. jab /cross step back -step forward 4 punches step back step forward jab/ cross
3. jab /jab/cross step back step forward 4 punches step back step forward jab/ cross
4. jab / cross duck cross hook cross step back step forward jab -cross
5. jab / cross twist to the right cross hook cross step back step forward jab/cross
6. jab / cross / hook cross - duck cross/hook/cross step back step forward jab/cross
7. jab / cross step back jab cross hook cross duck cross hook cross step back jab cross

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://LiveWellwithParkinsons.com)

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

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

And of course, reach out to me anytime.

Yours, Coach B

Rock Steady Boxing Certified Coach

Certified Parkinson's Disease Fitness Specialist

ISSA Certified Personal Trainer

