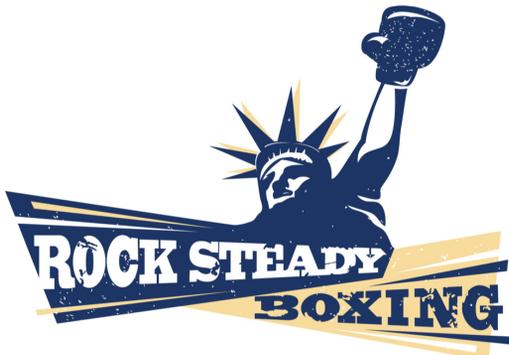




FIGHTING BACK AGAINST PARKINSON'S



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Get Hope In Your Corner

To set up your initial assessment, call:
Balance Mobility Aquatic Therapy Center
905 N Custer Ave
Grand Island, NE 68803
308.398.2170

Classes are held several times/week at:
Grand Island YMCA
221 E South Front St
Grand Island, NE 68001
308.395.9622

balancemobilitytherapy.com



**Take a Swing at Improving
Your Parkinson's Symptoms**



Take a Swing at Parkinson's

More than 1.5 million people in the United States suffer from Parkinson's disease and that number is expected to double by 2040. Nebraska currently has the highest per capita rate of Parkinson's in the US.

This progressive, incurable, neurodegenerative disorder causes deterioration of motor skills, balance, speech and sensory functions. Until a cure is found, people with Parkinson's need help maintaining their quality of life, independence and dignity.

Rock Steady Boxing

This non-combat boxing program is the first of its kind dedicated to improving the quality of life of people with Parkinson's disease.

Patients with all levels of symptom progression have seen improved motor function by participating in intense, non-contact boxing-style exercises. Specific areas of improvement include:

- » Mobility
- » Posture
- » Balance
- » Flexibility
- » Strength
- » Hope

Classes combine stretching, fine motor skills and boxing workouts that emphasize agility, balance, strengthening – plus the cognitive thinking required by intensive physical activity. The exercises are adapted from boxing drills and vary depending upon the individual's fitness and progression of symptoms.

Experience. Better.

Rock Steady History

Scott Newman, the founder of Rock Steady Boxing, was diagnosed with Parkinson's disease at age 39. As his symptoms rapidly progressed, a colleague who was also a former Golden Glove boxer offered to teach him boxing as a way to keep moving and combat symptoms.

Within a few months, Scott began to see improvement and reduction in many of his symptoms. When others showed interest, Scott founded Rocky Steady Boxing and launched the first class in October 2006.

Since then, the program has expanded to 1,600 coaches and 700 affiliates in all 50 states and Puerto Rico, plus 42 affiliate locations in 12 countries. Each month, more than 25,000 people participate in boxing-inspired exercises at Rock Steady Boxing programs around the world.

Rock Steady Grand Island

The Balance Mobility Aquatic Therapy Center is excited to be a Rock Steady Boxing affiliate. Interested participants must complete an initial assessment in our clinic. The one-time \$75 fee includes boxing gloves and hand wraps.

Rock Steady Boxing classes are taught by our trained instructors at the Grand Island YMCA several times each week.

We're optimistic that exercise may be having the effect of slowing the course of Parkinson's disease. – S. Elizabeth Zauber, MD, Indiana University Neurology Movement Disorder Specialist

The results from Rock Steady are awesome and impressive... We have evidence that aerobic exercise of any kind can reverse or slow down the progression of Parkinson's disease. I am thumbs up because it works. People are happier and they are doing better with it. – Michael Sermersheim, MD, JWM Neurology