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**ROCK STEADY BOXING FOR PEOPLE WITH PARKINSON'S DISEASE
COMES TO ALABAMA**

BIRMINGHAM, MARCH 22, 2016 — Rock Steady Boxing, a unique exercise program based on training used by boxing professionals and adapted to people with Parkinson's disease, will now be available in the Birmingham area. The program, led by former professional boxer and experienced trainer Martin Juárez, relies on exercises such as stretching, running, jumping rope, push-ups, balancing, and lots of noncontact boxing. Rock Steady Boxing serves men and women of all ages and all levels of ability.

Juárez and assistant coach Dany Egli successfully completed the Rock Steady Boxing Training Camp this year, certifying Juárez Boxing and its trainers to offer Rock Steady Boxing training classes to individuals with Parkinson's disease as the first program of its kind in the state of Alabama. "Studying with the Rock Steady Boxing trainers and athletes has been a profoundly moving and inspiring experience for us," Juárez said. "We feel very fortunate and proud to be able to bring this program to Birmingham."

Rock Steady Boxing, Inc., a nonprofit organization, was founded in Indianapolis in 2006 with six participants. Participation has steadily increased to more than 155 members today, including men and women ranging in age from 35 to 90. Classes are geared to people at all stages of Parkinson's disease. In 2012, the Rock Steady Boxing Training Camp was launched as a means of sharing the Rock Steady Boxing Method with people around the world who are fighting back against Parkinson's. Today, 118 Rock Steady Boxing affiliates operate in 32 states, and international affiliates have begun work in Italy, Australia, and Canada. Rock Steady Boxing coaches all fulfill the requirements of Rock Steady Boxing and are officially certified at the Rock Steady Boxing headquarters and training center in Indianapolis.

“We have always believed in the Rock Steady Boxing Method,” said Rock Steady Boxing, Inc. Executive Director Joyce Johnson. “When evidence began to emerge that our program had a very positive impact on the ‘boxers,’ our mission became clear: to share our knowledge and experience with all people with Parkinson’s. That is why we decided to make our training available worldwide—to train as many people as we can so that together we can improve the care of people with Parkinson’s everywhere.” It is estimated that approximately 60,000 Americans are diagnosed with Parkinson’s disease each year. The chronic and progressive neurological condition is the second most common neurodegenerative aging disorder, after Alzheimer’s disease.

For additional information about the Rock Steady Boxing program and Rock Steady Boxing Birmingham, visit www.rocksteadyboxing.org and www.boxwithmartin.com.

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