

# Rock Steady Boxing, UH Parkinson's Exercise & Wellness Program

University Hospitals Avon Health Center  
1997 Healthway Drive, Avon, Ohio 44011  
[www.uhhospitals.org/fitness](http://www.uhhospitals.org/fitness)

## Rock Steady Boxing/Parkinson's Disease Boot Camp

---

### Contact Information:

Maria Pujolas, Owner/Coach  
Phone Number: 440-328-3446  
Email: [maria.pujolas@uhhospitals.org](mailto:maria.pujolas@uhhospitals.org)

### Program Timeline:

- **February 2013** - Maria became a Rock Steady Boxing certified Coach
- **March 2013** - Maria became the first Rock Steady Boxing Affiliate and owner of Rock Steady Boxing Cleveland later established.
- **April 2013** - Maria became a Delay the Disease Certified Coach
- **August 2013** - Maria became a Certified Fitness Trainer.
- **September 2013** - Attended UH Parkinson's Bootcamp in Akron Oh, Joined OPFNE Board for Parkinson's All marketing tools, website and business set-up took place.
- **October 2013** - 1st assessments and client, Started Rock Steady Boxing Cleveland Classes in a Martial Arts studio.
- **January 2014** - Met with Ellen Walter CNP and Dr. Ben Walter for First time. Discussed creating fitness program together including my Rock Steady Boxing Classes.
- **October 2015** - position created at University Hospital Avon Fitness Center for Maria.
- **November 2015** - Held fundraiser for UH Parkinson's Wellness Program. Became an employee of UH Avon Fitness Center and brought boxers to fitness center for trial program. Now became coordinator of program and set- up Voice Mail on phone for program. Equipment ordered from grant received and began writing program schedule.
- **December 2015** - first new assessment took place in new location, First Educational dinner and lecture for program, Rock Steady Boxing Cleveland classes and Delay the Disease classes began with 3 other DTD certified coaches.
- **January 2016** - Maria took 2 more coaches to get certified at ROCK STEADY BOXING.
- **April 2016** - Attended Allied Team Training in Columbus with UH Neurological Institute team
- **May 2016** - Had approximately 50 members in program
- **September 2016** - Rock Steady Boxing Cleveland was presenter at UH Parkinson's Bootcamp in Cleveland, Ohio
- **November 2016** - 100 members in program approximately, Held Fundraiser for UH Parkinson's Wellness Program, "Rock-it Out"

- **April 2017** - Presented Rock Steady Boxing Cleveland at 1st Parkinson's Mini-Bootcamp in Dover, Ohio
- **February 2017** - Took 2 more coaches to get Rock Steady Boxing Certification.
- **October 2017** - Fundraiser for UH Parkinson's Wellness Program, "Art Under the Stars" sustaining program approximately 100 members, with 8-10 waiting for assessments. Now have 7 boxing classes, 2 Delay the Disease classes and 1 yoga class

\*We are expanding the class schedule after a successful fundraiser; our goal is to find a donor to give us our own space. The most difficult part of this program is that we have to set up/tear down every single class on a basketball court used by many others. The inability to conform to a schedule of others makes this very difficult for us.

#### Program Overview:

- The goal of the Parkinson's Disease Boot Camp Wellness Program at University Hospitals Avon Health Center Fitness Center is to empower people with Parkinson's disease by improving their physical and emotional fitness in a fun and safe environment that encourages healthy choices and camaraderie.
- Bootcamp wellness program includes the following:
  - Rock Steady Boxing Cleveland: A noncontact boxing style fitness program for Parkinson's disease, specifically encouraging hand-eye coordination, footwork and memory recall. The program establishes rhythm, gait, balance, breathing, voice activation, posture awareness, fun and camaraderie.
  - Delay the Disease: A fitness class designed to target symptoms and improve functional tasks for individuals with Parkinson's disease.
  - Upcoming classes: Yoga, spinning and cardio dance designed for individuals with Parkinson's disease.
  - Educational lectures: Experts in the field will provide monthly educational lectures.



