

What is Boxercise and Boxing fitness?

Below is a section of an article from the Guardian Newspaper about Boxercise.

Boxercise is an exercise class based on the training concepts boxers use to keep fit. Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups. Most boxercise classes are aimed at men and women of all ages and fitness standards. As no class involves the physical hitting of an opponent, it is a fun, challenging and safe workout.

What the expert says ...

Clinton McKenzie is a former British and European boxing champion who runs boxing training classes from his gym in south London (020-7737 2338).

Boxing training is for everyone: *Whatever your size, shape or sex. Remember, every boxer will have started from ground level, so anyone and everyone can work their way up to a good level of fitness: attend classes three times a week and you'll be fit in three months; twice a week and it will take six months. Most people don't know what to expect, so going to a real boxing gym is essential.*

Release your aggression: *Boxing training is a great way to do that, making you feel calm because all the aggression is very channelled and controlled. Even though there is no physical contact, it enables you to feel in control of your body and more confident about protecting yourself if you are required to.*

Increase your discipline: *Many people don't appreciate that boxing training is about discipline, and it's a great way to increase that in other areas of your life, too, such as drinking and eating. If everyone took up boxing training, we'd live in a fitter world and a better world, mentally and emotionally.*

Focus energy and concentration: *Training stimulates your mind and boosts your self-belief. It's a great sport for overweight children, and it also helps build self-esteem and respect in young people who may be bullied or lack physical confidence - I work with children from the age of 10 and have seen first-hand how it can stop bullying.*

For around 2 years now patients at Kemple View have been offered boxercise and Boxing fitness sessions both on site with Mission Fit and off site at Jennings Gym in Coppull. During the Boxercise sessions at Kemple View and at the offsite sessions at Jennings gym all patients are reminded constantly about their behaviours while using the boxing equipment. Patients are reminded that having the gloves are a privilege and that nothing learnt in sessions should be taken back to the wards. Patients are also reminded about the rules around punching in that they should only punch when the pads are raised and at no other time. At Jennings gym patients are occasionally taken through a technique session where they will throw punches at each other, however this is to practise the technique of defending punches. The coach focuses on the person defending the punches with their

hands and arms and so it remains that no person will have a punch aimed at their face or head.

Access to these sessions must be agreed by MDT's first. Below is a pathway that patients can use to get access to these sessions should they want them.

1. Access to on site Boxercise sessions agreed by MDT
2. Patient to attend these sessions for 4 weeks minimum. This session is every Thursday 11-12
3. MDT to consider if patient would be appropriate for the offsite session after review of their presentation during the onsite sessions.
4. If agreed, patient can be offered a place at the offsite session at Jennings gym, every Wednesday 5-6.