



Online boxing - Creating happier and healthier lives

A transformative online boxing programme designed to help people with Parkinson's re-set their lives.



Boost Online Boxing

Embrace Positivity

**Movement. Confidence.
Connection.**

A Parkinson's diagnosis changes many things — but it does not define what you are capable of.

How Boost Helps

Designed to help you:

-  Move with confidence
-  Challenge mind & body
-  Build strength
-  Stay connected





The Power of Boxing

The Mindset

Train. Challenge. Build.

Boxing is more than throwing punches. It is a powerful way to challenge your body and mind simultaneously.

Every punch is a reminder: your body is still capable of progress.

What It Combines

A multi-tasking workout:

-  **Large movements** – encouraging bigger, stronger actions
-  **Footwork & balance** – improving control
-  **Repetition & rhythm** – reinforcing patterns
-  **Thinking & reacting** – active brain exercise



Progression

boost

Your Journey

Your pace. Your progress.

Boost focuses on progression, not perfection.

Work on:

- 🏋️ Maintaining strength
- 🤖 Balance & coordination
- ⚡ Movement confidence
- 🔄 Exercise consistency

What is Progress?

Progress might look like:

- 🕒 Longer sessions
- 👣 Steadier on your feet
- ⚡ More confidence
- 🔄 Overcoming limits

The Goal

It is not to be perfect.

Keep moving forward.



Togetherness



The Challenge

Overcoming Isolation

Living with Parkinson's can sometimes feel isolating.

Exercise is better when we do it together.

Our Community

Boost creates a space to:

-  Exercise with peers
-  Celebrate achievements
-  Share encouragement
-  Feel supported daily

The Connection

Join from your living room, kitchen, or home gym with other people with Parkinson's.

Creating happier and healthier lives

Togetherness

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Vitality

What Matters

Movement helps you maintain:

- ♥ Confidence
- 💪 Independence
- 😊 Energy
- 🤝 Connection
- 🌱 Quality of life

The Routine

Exercise is an investment in your future - your medicine.

Boost gives you the tools, support, and encouragement to build exercise into your routine.

Re-Set

Boost works with people to re-set their lives.

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How Does Boost Online Boxing Work?

Before You Start

Prepare safely for your online boxing session with coach Craig:

- ✓ Complete your health screening
- ✓ Discuss any health concerns
- ✓ Have a clear, safe space
- ✓ Keep your phone nearby
- ✓ Let someone know you are exercising

During Session

Adapt the workout to meet your needs:

- 🧠 Adapt any movement
- 🪑 Seated options available
- ⏸ Take breaks anytime
- 💧 Stay hydrated
- 📈 Work at your own pace
- 👁 Coach guides you

Listen To Your Body

You do not need to keep up with anyone else.

Focus entirely on your own safety and comfort.

Your pace.
Your ability.
Your progress.





How Does Boost Online Boxing Work?

Membership

1 Class / Week

£4.75 per class

2 Classes / Week

£4.50 per class

3 Classes / Week

£4.25 per class

Easy Start

1. Sign Up Online

Click once to select your plan and join.

2. Intro Call

A quick call with Craig to get you set up.

3. Safety Video

Watch a short briefing on home exercise.

How You Train

Live Zoom Sessions

Train live with your coach and the community.

On-Demand Video

Watch recorded classes whenever suits your schedule.



Contact Me

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Email

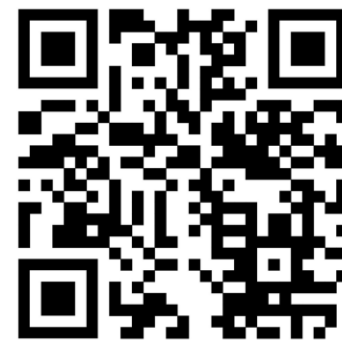
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Coming Soon



SCAN ME

Scan to get in touch