

In this corner...HOPE!



The Sports Club of Novi is proud to announce the addition of the Rock Steady Boxing program for those diagnosed with Parkinson's disease. Rock Steady Boxing (RSB) gives people with Parkinson's disease hope by improving their quality of life through non-contact boxing based fitness curriculum.

Discovery of a cure may be many years away but in the last several years, there is evidence that progress is made in all stages of the disease by those participating in RSB! Fitness programming and exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and over strength to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.



Please notify Suzanne Schulz at fitnesscoachsuz@gmail.com if you, a loved one or friend need to **FIGHT BACK** against Parkinson's.

Nutrition Coaching

Membership not required for Nutrition Coaching.

Lisa's Food for Fitness will help you:

- make your diet an integral part of your fitness goals
- improve your eating habits
- understand your body better
- make self-care a priority
- feel confident choosing and preparing better food for you and your family

Welcome to your one-on-one program

Your personalized program will radically improve your nutrition and lifestyle. Together you will explore concerns specific to you and your body and discover tools you need for a lifetime of balance.

During the course of the program you will:

- set and accomplish goals
- understand and reduce cravings
- explore new foods
- increase energy
- feel better in your body
- improve confidence



With Functional Nutrition Health Coach Lisa Verdejo.

Your individual program includes

- Two, 50-minute one-on-one sessions per month
- E-mail support between sessions
- Informative handouts and other support materials
- Recipes that are healthy and simple to prepare

The 50-minute Consult is \$140.

Discover what's right for you

Contact Lisa at lisaverdejo.tsc@gmail.com or 571.334.6077 to schedule your Health Discovery Consult. During this time, you will discuss your health and lifestyle to determine how Lisa can best support you in achieving your personal goals.

- **5-Day Group Detox**
- Seasonal group detoxes to upgrade your health. Contact Lisa to join the next one.
- **Lose weight - Feel Great!**
- Group health coaching series to long term better weight. Contact Lisa to join.

