Boxing and Health

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Most boxing gyms now have a more uplifting atmosphere instead of feeling like you’re in a windowless basement.

Gyms like TITLE Boxing Club and classes taught at CSU’s rec center have a positive environment to do three main things:

Equipment Needed:
- 75-100 lbs punching bag
- Boxing gloves
- Medicine Ball
- Jump rope

Benefits of the Sport:
- CONFIDENCE!
  - Accepts ALL body types
- Helps IMPROVE all body types
- Decreased Stress
- Bonding over an uncommon skill
- INTERACTIVE Cardio
  - reduce blood pressure & risk of stroke

Benefits of the Workout:
- Whole Body Strength
- Speed
- Agility
- Reflexes
- Hand-Eye Coordination
- INTERACTIVE Cardio

It doesn’t take much!
For a good workout as a boxer, you don’t need to buy an at home gym or an expensive weight set. In fact, you don’t even need a membership to an expensive boxing gym!

It isn’t scary!
Most boxing gyms now have a more uplifting atmosphere instead of feeling like you’re in a windowless basement.

Interactivity
- Boxing classes purely for fitness
  - No risk of getting hit!
- Improve overall health
  - Get a good workout
  - Teach technique for safety

Confidence
- accepts all body types
- improves all body types
- decreased stress
- bonding over an uncommon skill
- interactive cardio
  - reduce blood pressure & risk of stroke

Strength
- whole body
- speed
- agility
- reflexes
- hand-eye coordination

Cardio
- interactive
  - reduced blood pressure & risk of stroke
Works Cited


