



BOXING FOR HEALTH AND WELLBEING

Boxing is an activity that combines quick thinking, concentration, speed, agility, aerobic fitness and strength. Constant foot and upper limb movement builds cardiovascular stamina and endurance, muscle strength and power – it is a great all body workout.

COMMONWEALTH GAMES FACT:

Boxing was established as an Olympic Game in 688BC. Watch boxing this Commonwealth Games at The NEC and see jabs, hooks and uppercuts come to life.

General Wellbeing Benefits

Boxing is a moderate -vigorous intensity activity which means there are multiple benefits to your wellbeing:

IMPROVES

Sleep	Stress
Mood	Irritability
Confidence & self-esteem	Loneliness & social isolation
Memory and cognition	Fatigue

REDUCES

General Health Benefits

In addition to being fun and something you can do with your family and friends it has benefits to your health:

REDUCES RISKS IN

Many cancers	Anxiety
Diabetes	Blood glucose levels
Heart attack	Cholesterol
Stroke	Menopause
Falls	Joint & muscle pain

HELPS & IMPROVES

Boxing has specific evidence to improve:

Blood pressure	Weight loss
Blood glucose	COPD (lung disease)
Parkinson's disease	Recovery from stroke
Anger management	ADHD

Boxing counts towards the UK Chief Medical Officer's recommended 150 minutes of moderate, 75 minutes of physical activity or 2 days of muscle strengthening per week

GET INVOLVED

Where you can learn boxing:

Birmingham Boxing club

Women's Boxing club

www.sportbirmingham.org

Other boxing opportunities:

Leisure and wellbeing centres

Schools, academies and universities

Boxercise class

Exergaming

Home based DVDs/online classes

This Girl Can

We Are Undefeatable

www.Englandboxing.org

Author: Dr Lisa Hyland



A BOLDER HEALTHIER BIRMINGHAM