



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Rock Steady Boxing By Mary R.

*The Geneva Lakes Family YMCA is delighted to share this inspiring poem written by Mary, one of our Rock Steady Boxing class participants. Mary was diagnosed with Parkinson's in 2009 and joined the Y to fight back in March 2017. Mary said, "I credit this program for becoming physically stronger. I also enjoy being with people who are, like myself, living with Parkinson's disease."*

### Rock Steady Boxing...

Fly like a Butterfly-Sting like a Bee,  
Be assured Parkinson's is not going to overtake me!

Each day when I rise I vow to do my best,  
To this those who know me will certainly attest.

I've learned new exercises and can do quite a few,  
This makes me happy-keeps me from feeling blue.

On go my gloves making sure their tight,  
Who would have thought I'd be jabbing left and right!!

Rock Steady Boxing has helped me to become strong,  
THANK YOU to the great staff for coaching me along.

Keeping the Dopamine from leaving my brain,  
My goal is simple-I want what I have to remain!

At times, I've noticed a change in my gait,  
This will be corrected in class-I cannot wait.

My voice can be soft (that's a first).  
One of these days I'm going to yell out loud with a real burst.

Yes, Fly like a Butterfly-Sting like a Bee,  
Rock Steady Boxing is a precious gift to me.

-Mary R.



*Mary said, "I credit this program for becoming physically stronger."*