

Boxing Fitness on Zoom, Rosalind's Story



“Eye of the tiger” That’s Rosalind’s favourite tune during her Boxing Class!

She had to alert her neighbours to what she was up to each week as they were starting to wonder what on earth was going on at Rosalind’s house.

Rosalind first caught on to Boxing through a friend who was a Female Boxing Promoter. Her first impression was – *aggression* – and she didn’t think much of it as a sport.

Still, she went along to watch an Open Age Boxing Class pre-Covid and came away with a totally different take on Boxing. She had come to appreciate the physical and mental agility required. Roll on Corona and the Lockdown and she signed up for the Virtual Boxing Class.

[Thursdays 10.00 – 11.00 Boxing Fitness on Zoom](#)

Leaps and bounds... Watch out! Rosalind has come a long way with her boxing. She finds it challenging in a good way. *“Very tiring and challenging on the mind and body”*. **This leads to great sleep but importantly works the mind as one coordinates the moves which link mind and body.**

This strengthening of mind and body has taken place in her kitchen. Why? Well she has more space and the tins of tomatoes or, if her Tesco delivery hasn’t arrived, chickpeas come in handy as weights!

Rosalind sings praises of the Open Age Boxing Class which she goes on to share has quashed the *“clinically vulnerable”* label that BoJo (the Prime Minister) gave her. Yes, she has underlying health conditions, however she rejects the vulnerable label. **She feels stronger in mind and body for opening her mind to Boxing with Open Age!** She finds Boxing a great way to release stress and tension and feel the exhilaration from each session keeps her going until her next fix. Seeing friends and other familiar faces is also thrilling and has a positive effect on her overall wellbeing and outlook. She even jokes about whether she would step in on the streets in defence of a victim with her new-found boxing skills...?

What does Rosalind want for Christmas 2020?

You guessed it. A Punching Bag!