

# WHY IS BOXING

so SUPERIOR to your body?

*The things the sport can do to you mentally and physically, are frighteningly efficient.*

## Stronger mind

TRAINING GIVES A BETTER ATTITUDE TOWARDS LIFE AS EXERCISE RELEASES DOPAMINE, RESULTING IN FEELING OF HAPPINESS. BOXING RELIEVES STRESS AND MAKES IT EASIER TO FOCUS AT DAY WHILE IMPROVING THE QUALITY OF SLEEP AT NIGHT. CONFIDENCE IS IMPROVED.

## Healthier body

EXERCISES BURN FAT AND BODY GETS STRONGER AS MUSCLES ARE TONED. HAND-EYE COORDINATION IMPROVES.

## Happier heart

CARDIOVASCULAR SYSTEM WILL ALWAYS LIKE BOXING AS THE SPORT INCLUDES HIGH-PACED EXERCISES THAT CHALLENGE YOUR BODY.

## Outgoing presence

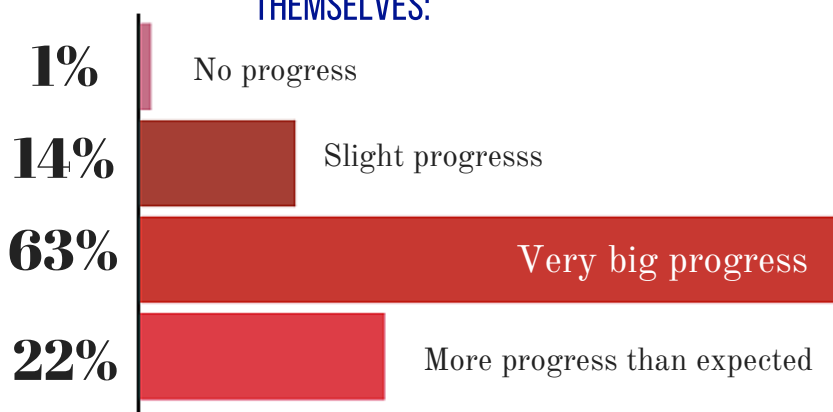
TRAINING IS DONE WITH OTHER PEOPLE REGARDLESS OF THE FACT THAT BOXING IS AN INDIVIDUAL SPORT. MAKING NEW FRIENDS IS NOT AN ISSUE AS YOU ARE MORE OPEN-MINDED DURING AND AFTER A PRACTICE.

A survey completed in January 2016 shows the

## PROGRESS

of 100 trainees

THE PHYSICAL PROGRESS THE TRAINEES HAD RECOGNIZED IN THEMSELVES:



**Not all of the fighting is done in the ring;**

it takes courage and dedication to keep coming to practices over and over again.

This itself, is already something that makes you feel really proud of yourself. Your confidence improves due to the feeling of prosperity and achievement, that is gotten *in every single practice.*



"My wrists had never been strong enough to do long trips on a motorcycle. After 4 months of boxing I was able to drive around Europe **without any pain.**"

"I ALWAYS SUFFERED FROM NECK PAIN BUT AFTER STARTING BOXING,  
**I'VE NEVER FELT THIS PAINLESS!**"

"The endorphin gotten (during a practice) **makes you feel confident** and the feeling can last even up to 2 days."

"I Haven't experienced any shoulder pain after starting this sport!"

"BOXING HELPED ME TO  
**GET OVER DEPRESSION.**"

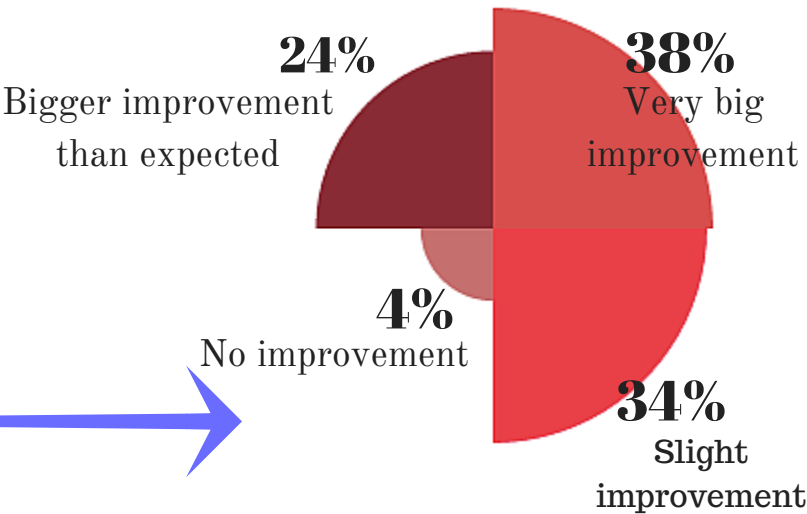


"As condition and confidence grows stronger, **the threshold to try and attempt** new sports **grows smaller.**"

"Practicing has taught me to be **goal-oriented** in other areas of life too!"

"Boxing is in a suitable manner an individual and a team sport at the same time. You work around other people, yet **can challenge yourself** as much as you want!"

THE IMPROVEMENT OF OWN ATTITUDE TOWARDS DAILY ACTIVITIES  
(ATTITUDE BEING MORE RELAXED AND OPEN-MINDED):



**"Boxing suits for EVERYONE.**

I've always been athletic but after starting boxing, **I'm in the best condition of my life at the age of 50!** No need to feel embarrassed whilst training around teens."



ALL SURVEY RESULTS WERE COLLECTED FROM THE MEMBERS OF SAVATE CLUB.

CHECK THE GYM OUT!



SCAN THIS CODE TO SEE A MAN FIGHT AGAINST A KANGAROO IN THE 1900S

"I started boxing after a knee injury.  
**GREAT CHOICE!**"

Sources:

