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### Promoting Occupational Well-Being Through Program Development at Rock Steady Boxing

Meredith F. Maines

*Belmont University*, [meredithfmaines@gmail.com](mailto:meredithfmaines@gmail.com)

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## Promoting Occupational Well-Being Through Program Development at Rock Steady Boxing

Meredith Maines, OTD/S

Faculty Mentor: Carlene Johnson, OTD, OTR/L, CAPS, LSVT BIG  
Expert Mentor: Colleen Bridges, NSCA-CPT



### Rock Steady Boxing

Rock Steady Boxing (RSB) is a non-profit organization with many locations across the country. It aims to provide hope to people with Parkinson's Disease (PD) and strives to improve quality of life.

Mission: The mission of Rock Steady Boxing is to equip our affiliates and empower the coaches to improve the quality of life of people with Parkinson's Disease through a non-contact boxing-based fitness curriculum.

### Identified Needs

#### Pertinent issues:

- Due to business growth with increased number of stakeholders and participants, there arose a lack of consistency and accessibility regarding shared information
- Outdated resources, lacking updated, digital resources as business expands

#### Potential solutions:

- Conduct an occupational profile on Rock Steady Boxing
- Provide improved resources to support business growth and promote occupational well-being amongst participants

### Capstone Outcomes

- Organize written workouts at RSB
- Create efficient, digital organizational system for workouts and related resources
- Create electronic resources, including updated intake forms for new participants

### Capstone Goals

- Obtain certification in LSVT BIG in order to better promote function and participation in people with PD
- Provide updated intake assessment forms to enhance data gathering abilities at RSB and provide customized resources to fighters
- Inventory written workouts at RSB and create efficient organizational system to distribute workouts to a larger population, thereby helping fighters maintain their function and prevent functional decline

**Google Drive**

**Workout template**

**Intake forms**

**LSVT BIG certification**

### Acknowledgments

- Thank you to my expert mentor, Colleen Bridges, for her time, knowledge, encouragement, and constant support.
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