

## PUBLIC WORKS DEPARTMENT

FOR IMMEDIATE RELEASE

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### **Beloit Parks and Recreation Introduces Free Boxing Program for Veterans**

**Oct. 2, 2018** - The Beloit Parks and Recreation Division is now offering a non-contact boxing program for veterans to exercise, meet other vets, and destress at Big Hill Park.

The 90-minute program begins Mondays from 4:30-6 p.m. starting Oct. 22 in the lower level of Big Hill Center, 1201 Big Hill Court, Beloit. The program is free for veterans.

“Studies have shown that high intensity interval training reduces physiological and psychological responses to stress,” said Recreation Coordinator Paula Schutt. “We are excited to offer this unique program in support of our veterans. We look forward to creating a positive environment for our veterans to unwind while keeping active.”

The program was started by Doug Anderson, a volunteer coach for the city’s Rock Steady Boxing program.

For more information, contact the Beloit Parks and Rec Department at 608-364-2890 ext. 3.

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