

Rock Steady Boxing is proud to join Moving Day, A Walk for Parkinson's, as a Moving Day National Team.

Moving Day is the nation's largest network of community events fighting Parkinson's disease.



Rock Steady Boxing (RSB) holds a personal connection to Parkinson's disease (PD) and the one million individuals nationwide affected by PD. This personal connection drives our participation in Moving Day, where we raise awareness and critical funds that support the life-changing work of the Parkinson's Foundation. Together with the Parkinson's Foundation, we are dedicated to enhancing the quality of life for those living with PD.

What is Moving Day, A Walk for Parkinson's?

Get ready to put on your exercise shoes and join the fun at Moving Day, A Walk for Parkinson's! This awesome event brings together teams and individuals for a day of PD-friendly exercises, info booths, the special We Move Ceremony and an uplifting walk. With over 50 locations across the country, this event brings together more than 15,000 passionate participants annually. Let's join together in the fight for a great cause!

Get Involved!

Get involved in Moving Day by sponsoring local events, organizing a team, joining a planning committee or showcasing your boxing skills at the event. Register for your local Moving Day event and connect with your Parkinson's Foundation Chapter to learn more. It's time to lace up those gloves and join the movement to end Parkinson's disease!

Register a Rock Steady Boxing team here:
MovingDayWalk.org/RockSteadyBoxingNationalTeam



Thanks to the generous support from Moving Day National Teams, the Parkinson's Foundation can improve care and advance research toward a cure.