

CHI-BLOG: BOXING TREND

Boxing for Mindfulness: Best Fall Fitness Trend

When it comes to mindfulness, we tend to think of moments of quiet reflection carved out in our busy day. But intense physical fitness can also play a crucial role in achieving mindfulness. That's why we're excited to embrace this year's stress-busting fitness trend, boxing.

The Physical

As colder weather pushes us indoors, boxing is a great way to still work up an outdoor-worthy sweat. The [strength-training exercise](#) helps improve balance and coordination as well as boost endurance and burn calories. It has also been shown to [elevate cardiorespiratory fitness](#) overall. Even amateur boxers tend to have low body fat and high muscle mass percentages.

And since it's also an aerobic exercise, boxing has [long-term benefits](#). A couple sessions a week can reduce the risk of high blood pressure, stroke, diabetes, and heart disease.

The Mental

Boxing isn't only about transforming physically, though. It's also about seeing and feeling yourself get stronger. As singer [Ellie Goulding](#) says, witnessing that transformation after boxing is "good for the soul."

Ellie also uses boxing as a way to cope with her anxiety, something Britain's [Prince Harry has spoken out about](#) as well. And former world heavyweight champion [Frank Bruno](#) has credited boxing for numerous mental health benefits in his quest to raise awareness about bipolar disorder.

The Mindful

Boxing champion Vijender Singh considers physical fitness a key to his own mastery of mindfulness. The day before winning the bronze medal at the 2004 London Olympics, he spent the day [practicing mindfulness](#) in seclusion.

Research has long linked frequent exercise to a better sense of wellbeing, and the uniquely intense level of stress relief that boxing offers can amplify that benefit. That's why boxing is our pick this fall for the most mindful fitness trend.

Get Boxing!

Ask our associates about our FitPro boxing events at the [store nearest you](#).

Start learning moves on your own at home now with a video series of beginner boxing lessons from [boxing coach Adam Colberg](#).

Gear up with our [picks from our fall collection](#) designed to maximize your performance in the ring and anywhere else life takes you.

SOURCES:

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