

Parkinson's UK & TKO Boxing - Participants Video Audio Description Transcript

Logos appear onscreen Active Kent & Medway, Together Fund and Sport England logos

Titles appear onscreen 'Tackling Inequalities in Kent and Medway – Parkinson's UK and TKO Boxing'

Upbeat music starts

[Shot of 'TKO Gym' boxing gym]

Close up shot of people's feet with resistance bands around the ankles doing an exercise]

[Wide shot of a group of participants all doing an exercise weaving around cones]

[Chris appears onscreen talking]

Chris: Basically, I started coming because I heard that and read the research that it is meant to be good for preventative for degenerative things, you know? So I thought, well, there's only way this is going on, so I'll try and prevent it going down that road.

[Shot of the group of participants doing an exercise]

[Barry appears onscreen talking]

Barry: Well, I knew I had to do something. And I knew that in time I was going to end up in a wheelchair and anything I could do to slow down or stop it, I should do. So I decided to try this because I hadn't tried it before, and I came along and loved it.

[Montage of shots of the group of participants using resistance bands and doing various exercises with them]

[Montage of shots of participants punching punch bags with boxing gloves on]

[Chris appears onscreen talking]

Chris: Everybody who comes here, it's a real mixed bunch, we've just all got the commonality of having Parkinson's and we all just get on with it. Some people have got some elements of the condition, some people have got others.

[Shot of Chris holding a medicine ball and doing an exercise with it]

[Shot of another participant doing a strength exercise with one of the coaches]

[Barry appears onscreen]

Titles appear onscreen 'Search for: 'Active Kent and Medway tackling inequalities''

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