

Fighting Back Addiction With Kickboxing: Lighthouse Treatment Center Partners With UFC Gym To Offer Kickboxing Class To Its Alumni

January 10, 2020

Anaheim, California – Addiction is a tough opponent that is very difficult to defeat, however, it's not something impossible to overcome. This is what the [Lighthouse Treatment Center](#), a drug and alcohol recovery facility in Anaheim, California, wants its alumni to learn through its new fitness initiative.

The Lighthouse has partnered with UFC Gym in La Mirada, California to offer a kickboxing class to the members of its alumni program. UFC Gym is a premier destination for MMA-inspired fitness and it boasts more than 150 locations around the world.

The UFC Gym in La Mirada where the kickboxing class will take place on January 10, 2020 is the biggest UFC Gym in the United States at 48,000 square feet.

Daniel Shin, UFC Gym kickboxing facilitator, said that they are very excited to offer the class to graduates of the Lighthouse Treatment Center and hopes that it will become a part of their regular routine.

"I know the importance of a healthy and active lifestyle. We are hoping this class will be an introduction to implementing these types of activities to the Lighthouse alumni's daily routines," said Shin.

According to Jocel Bibera, alumni relations coordinator of the Lighthouse, they want to highlight the importance of viewing [recovery using a holistic approach](#).

"We are excited to start 2020 with this [cardio kickboxing class](#) to get a jumpstart at our New Year's Resolutions of being healthier, mind, body and soul! While many of our graduates attend 12-step meetings, therapy, and work with a sponsor, we wanted to show them the benefits of physical activity as well. Not only can a regular fitness routine make you healthier, it reduces stress and anxiety which are two very common causes for relapse and relapse triggers," said Bibera.

Source: <http://www.pressadvantage.com/story/33639-fighting-back-addiction-with-kickboxing-lighthouse-treatment-center-partners-with-ufc-gym-to-offer-ki>