

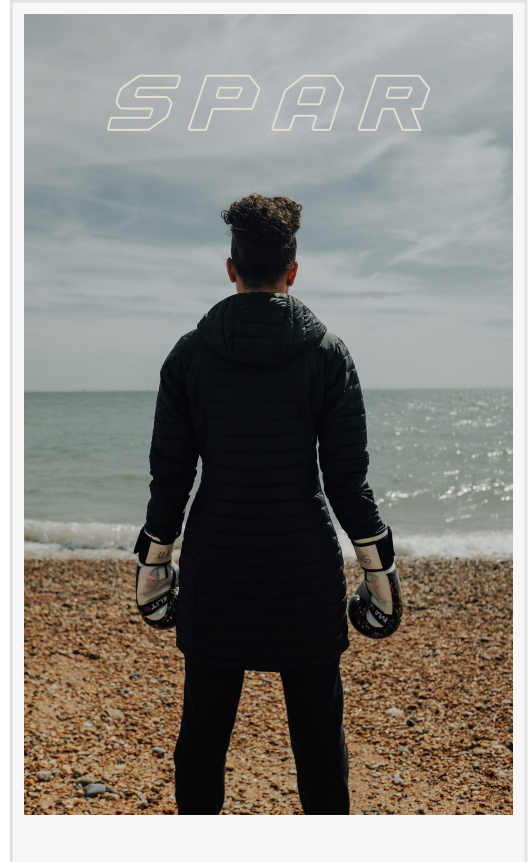
New TV Show "Spar" Celebrates Boxing and Its Impact on Mental Health

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[/EINPresswire.com/](https://www.einpresswire.com/) -- The sport of boxing has long been known for its physical demands and intense competition. However, a new TV show is shedding light on the mental health benefits of the sport. "[Spar](#)", directed by Anthony [Vander](#), follows the trials and tribulations of four amateur boxers as they navigate their personal and professional lives while pursuing their dreams in the ring. The show will be screened at the ar'otel London Hoxton, bringing attention to the positive impact of boxing on mental health.

Spar stars Nicola Roffe (Fast Girls) alongside Edwin De La Renta (Pretty Red Dress, Bharat), Andre Fyffe (Casualty), and 2023 BAFTA nominee Jordan Pitt. The episode is written by Vander and Kate Napoli, and is produced by actor Mavin Rasheed (Professor T, The Power).

"Boxing is not just about throwing punches, it's about discipline, determination, and mental strength," says director Anthony Vander. "Through 'Spar', we want to showcase the mental fortitude and resilience of these amateur boxers as they face challenges both inside and outside the ring. We hope to inspire and educate viewers about the positive effects of boxing on mental health."



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The show follows the journey of four amateur boxers from different backgrounds, each with their own struggles and motivations. From overcoming personal traumas to dealing with societal pressures, the boxers use the sport as a way to cope and improve their mental well-being.

"We are excited to bring 'Spar' to the ar'otel London

Hoxton and share the powerful stories of these amateur boxers with the world," says producer Mavin Rasheed. "Boxing is often seen as a violent and aggressive sport, but through this show, we want to change that perception and show how it can be a positive outlet for mental health.

We hope to start important conversations and encourage more people to take up boxing as a way to improve their mental well-being."

"Spar" will premiere at the ar'otel London Hoxton on November 15th and will be available for streaming on major platforms.

Jay Legal

Distortion Entertainment

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