



## **Boxing Program Helps Sarasota FL Man Make a Full Recovery From Addiction at WhiteSands Alcohol and Drug Rehab**

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Sarasota, FL - When Jacob first reached out to WhiteSands Alcohol & Drug Rehab Sarasota for help, his life was spiraling out of control. He required a transfer to the addiction treatment center's medical detox facility in nearby Plant City, FL. Fortunately for Jacob, WhiteSands was a place where he found a warm welcome and the high-quality comprehensive care he needed to turn his life around.

"The staff is always willing to help you with anything and so friendly. The other patients are the same, everyone here is welcoming," said Jacob.

After successfully completing detox, Jacob continued with inpatient drug rehab in the same Plant City location. This was followed by outpatient treatment and aftercare for relapse prevention back home in Sarasota. Visit [whitesandstreatment.com/locations/florida/sarasota](http://whitesandstreatment.com/locations/florida/sarasota) to learn more about what makes WhiteSands the premier addiction treatment center for Sarasota FL residents.

WhiteSands detox and residential treatment center in Plant City is situated on a beautiful 10-acre campus that's filled with unique amenities for patients to enjoy. The alcohol and drug rehab was founded with the goal of elevating the standards of care in addiction treatment, providing patients the best possible experience and the greatest chance of sustaining long-term sobriety.

WhiteSands Founder and CEO, Garry Jonas said, "At WhiteSands, our patient philosophy has always been to provide a comfortable environment featuring state-of-the-art facilities with the belief that a comfortable guest makes for a successful patient."

To achieve its goal, WhiteSands provides each patient with a comfortable private room featuring a private bathroom and access to cell phones, laptops, wifi, and TV. The campus includes a host of amenities and activities including a swimming pool, walking paths, fountains, gazebos, outdoor BBQ, arts and crafts, yoga classes, and a brand new recreation center and athletics complex.

Patients like Jacob gain tremendous benefit from the programs offered in the rec center. "They have a full gym, a boxing ring, a pool, and lots of other things that take your mind off your addiction," he said.

The WhiteSands boxing program is a favorite among patients and WhiteSands is one of the few rehab centers in the nation to feature it. Boxing exercise is a therapeutic program in which patients work one-on-one with professional boxers and personal trainers to master the art and technique of boxing. It requires undivided focus and provides an opportunity for patients to clear their minds.

Boxing therapy is a great way for patients to get in shape and also serves as an excellent coping mechanism for managing stress and potential triggers. Patients report that boxing gives them a much-needed way to workout difficult emotions at the end of a long day of therapy.

Of course, boxing and other forms of exercise therapy are not stand-alone treatments for alcohol and drug addiction. At WhiteSands, these form part of the comprehensive holistic approach that has allowed them to help over 10,000 people to date attain lasting sobriety. WhiteSands provides the highest quality staff, all levels of care, individualized treatment plans, and premier amenities and accommodations to provide patients with all the tools necessary to transform their lives for good. Read another 5-star review from Steven and how WhiteSands in Sarasota FL transformed his life.

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For more information about WhiteSands Alcohol & Drug Rehab Sarasota, contact the company here: WhiteSands Alcohol & Drug Rehab Sarasota Ryan Monesson (941) 960-7405 rmonesson@wstreatment.com 3202 N Tamiami Trail, Sarasota, FL 34234

## **WhiteSands Alcohol & Drug Rehab Sarasota**

*WhiteSands Alcohol & Drug Rehab Sarasota is the leading addiction treatment center in Sarasota Florida, for detox and rehab programs. From alcohol, and meth to prescription drug addiction, we can help.*

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