



THE SUGAR FACTORY INC.

The Sweet Science of Boxing

Presents
Two Teaspoons of Sugar



About Our head Coach Bilal S. Ali

05.1997 - 11.2002

RES-CARE, Inc. Edison, NJ

Residential Advisor/Center Supervisor

Developed weekly activity plans for teenagers and young adult members, which included group sessions, career development, athletic routines, substance abuse sessions, and overall behavior modifications. Supervised 15 staff members and responsible for all emergency response crises.

01.2003 - 05.2004

**The Urban Youth Development Corp. East Orange, NJ
Family Outreach Coordinator/Bus Attendant, Team Leader**

Set up interviews with parents prior to student's enrollment in Kids Who Graduate – 21st Century Community Learning Center, Out of School Program. Interacted with parents to keep them informed of activities and progress of their children while attending the program. Provided information on social skill classes for parents, interacted with school counselors and other Board of Education Personnel. Also responsible for the care and safety of the youth on the bus while being transported to and from school programs as well as, from the Out of School Program to their predetermined destinations for pickup by parent or family member. As Team Leader, I helped students with homework, assisted students with special projects, scheduled activities, field trips and helped plan sporting events.

06.1996 - 4.1997

**Department of Youth Corrections/Rutgers Project C.O.R.E
Newark, NJ**

Program Consultant

Functioned as a Liaison with families and community groups; Established relationships with community groups, families and the program; Trained and supervised Project Team Leaders; Established intake procedures, develop student profiles that were appropriate for the program; Acted as a liaison for the Division of Juvenile Services Residential Centers; Established appropriate linkages with Rutgers University Faculty, Staff and Administration; Monitored student behavior, acted as mediator for problems within the project that Leaders were unable to resolve in their day-to-day work with students; Established and maintained reports necessary for the program (Rutgers University and the Division of Juvenile Services) inside of the New Brunswick and Newark campuses.

10.2002 - 05.2003

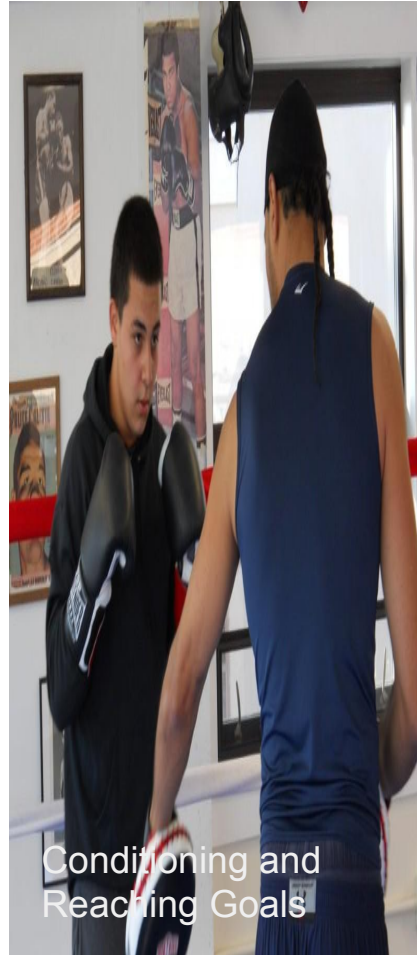
**Lipmann Hall Newark, NJ
Youth Care Worker**

Responsible for A.D.D. and A.D.A. Bed Wetters, Fire Starters and mentally and emotionally challenged. Responsibilities include direct care and safety of youth, monitoring five youth per shift to ensure they moved efficiently and safely throughout the facility (school, cafeteria unit); provide critical information on youths' behaviors and medication side-effects to Mental Health Clinicians and Medical Department; Document daily activities/behaviors of youth in shift logs. Provided 1:1 security and safety coverage for suicidal/homicidal youth; consulted daily with the unit treatment team meetings; Provided transportation for individual youth to and from unit treatment team meetings; Provided transportation for off-site activities; Supervised off-site home visits, unit activities, medical appointments; Pat-searched youth after outside activities for contraband; Conducted room searches.

03.2004 - 01.2016

Professional Training	Certificates
New Employee Training	Adolescent Mental Health & Key
Clinical Policies	
Human Resources	Adolescent Aggression &
Foreseeing Behaviors	
Grief and Loss	Adolescent Substance Use
Handle With Care	Adolescent MR/DD
Infection Control	Physical Restraint Techniques
Therapeutic Environment	Adolescent Sexually Aggressive
Behaviors	
Measuring & Monitoring	
Behavior	Suicide Risk & Crisis Response
Employee Relations	Verbal De-Escalation Techniques
Medical Emergency	
Training	
Sexuality	Human Growth, Development &
CPR Certification	

The Benefits



The Plan

This premiere Boxing training Facility/Program was founded by one of the most notable Boxer and Trainer, Life Skills Mentor, in the world today. So If you are just looking to improve your fitness, lose some weight, get some conditioning under your belt, or even become the next Big boxing superstar, this is the place to be. The Sugar Factory Inc. is specifically set up to be flexible in order to be able to develop a personal plan of action for each and every client. We have a great staff that will help you put together a plan, so that everyone may reach their personal goals. This is just a piece of what the joy of life is about, reaching your goals. People with physical or mental disabilities often have several barriers to overcome before beginning a fitness program, including increased fatigue, weight and other health problems due to sedentary lifestyles, abnormal reflexes and depression. However, participating in physical activities can increase self-esteem, stamina, balance and coordination; exercise will not "use up" the energy required for daily activities, but will increase it over time. This is especially important for people with developmental disabilities, who tend to find work in industries requiring a lot of physical labor.

The goal is to achieve and maintain optimal physical, mental and emotional health and increase longevity through proper nutrition, hydration and a balance of rest and physical activity.

P.A.C.B.O.

58 - 68 Orchard St.

Newark, N.J.07013

Join us for a full week of activities!

Monday - Friday

6 am - 9 pm
Flexible Hrs

Saturday

10am-4pm

Sunday

CLOSED

The Staff Coordinator



Coach Bilal S. Ali

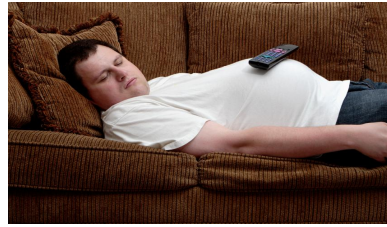
Over 38+ years of
experience

Getting there

The Prices for this service are based on location and transportation availability.

Your facility may provide transportation.

By Bus
Public or Facility bus services.



Get Out Of The House

People with disabilities and chronic health conditions experience disparities in health outcomes that affect the entire community. By ensuring communities take into consideration accessibility for all people, communities can begin to close the gap on these disparities (CDC, 2008, CDC, 2012). Consider these statistics:

- People with serious mental illness have a life expectancy that is 25 years less than the general population (NIMH, 2011; Shrestha, 2006).
- The prevalence of obesity among adults with disabilities is more than 50 percent higher than in adults without disabilities (CDC, 2012).
- Estimates show the annual health care costs of obesity related to disability are approximately \$44 billion (Finkelstein, Trogon, Cohen, Dietz, 2009).
- Adults with a disability are more likely to report fair or poor health compared to adults without a disability (CDC, 2008).
- The number of Americans with disabilities and the number of American households with a resident with a disability are both expected to grow substantially between now and 2050 (Smith, Rayer, Smith, 2008).

Research indicates that social isolation is a significant problem for people with disabilities, contributing to depression and other chronic illnesses related to a sedentary lifestyle, including cardiovascular disease. More than any other lifestyle barrier, people with disabilities do not have immediate access to the community connections they need to thrive. With your intention to include people with disabilities in ongoing and future community health initiatives, you can bridge this gap, make substantial contributions to their overall health and wellness and subsequently improve the overall health of your community. (Research CHISP)

Experience The Joy Of Accomplishing Your Goals



Things to do

1. Get a good night sleep.
2. Drink plenty of water
3. Walk 30 minutes a day
4. Adopt a Nutrient-Rich Diet
5. Be with friends and meet new people
6. Express your gratitude
7. Give lots of hugs
8. Do Volunteer work



Contact us @ [“thesugarfactoryinc@gmail.com](mailto:thesugarfactoryinc@gmail.com)

... and we're so excited to work-out with you!

