



PRESS RELEASE

PHYSICAL ACTIVITIES FOR TYPE 2 DIABETICS

Sports4Life Wellness (S4WL) organisation has been funded by the National Lottery Community Fund to provide lifestyle wellness Zumba, Pilates, Swimming activities, and Diabetes awareness education; primarily for Black, global majorities and diverse elderly people with diabetes, or people at risk of developing the disease. But anyone can attend.

The programme starts September 2024 and ends in March 2025. There are two seminars; part one focuses on “Preventing Type Two Diabetes”, and will be held on October 25, from 2-5pm. The second seminar (Part Two) will be held on March 14, 2025, similar timing. It will focus on “Defeating Type Two Diabetes”. Both seminars will be held at Seddon Community Centre, located at: 33 Clyde Place, E10 5AS. And both seminars will be followed by 20 minutes of Zumba or Pilates exercises for attendees. Refreshments will be provided. Beneficiaries are required to wear soft, flat shoes. Exercises will be gentle. Bookings should be made on the S4WL website at: www.ibcms.uk/sports-4-life.

FREE ZUMBA IS BACK

Free, forty-five-minute Zumba sessions, start on September 25, 2024, at Seddon Community Centre, 33 Clyde Place, E10 5AS; from 7-- 8pm on Wednesdays. These sessions end on January 29, 2025. To secure a place, please register for any or all these activities at: www.ibcms.uk/Sports4Life. Zumba Contact is Eugenie Burton: (M) 07944504244.

After registering, beneficiaries MUST also book with a “Booking Form” sent with the confirmation email after registration. Booking is crucial as places go quickly.

Please note that late bookings will be placed on a waiting list.

PILATES

****NEW!** Free Pilates has been added to S4WL’s 2024-25 programme. Chair Pilates begin on October 02, at The Good Shepherd Studios at: 15a Davies Lane, Bushwood, London E11 3DR. Hourly sessions are from 3- 4pm, every Wednesday, ‘til February 12, 2025. Registration details as above. Please register as above. Contact is Victoria Rock: (M) A booking form will also be sent to those who register. Booking to get on to the first session is crucial. Those who fail will be placed on waiting list.

FREE WOMEN ONLY SWIMMING

****NEW!** Free weekly Women Only swimming starts January 10, at Leyton Leisure Centre. Ends March 21, 2025. On Fridays: 12.15 to 1pm.

FREE UNISEX ADULT SWIMMING LESSONS

Free swimming lessons for Black, and global majority elderly non-swimmers, have been repeated. Lessons—for men and women, start September 26, 3-3.45pm, at Waltham Forest Feel Good Leisure Centre, on Chingford Road, E17, 5AA. This provision ends November 28, 2024. S4WL/SWAP swimming lessons are always on Thursdays. However, Elderly (65 years+) swimmers are invited to use Waltham Forest GLL pools free of charge at any time.

PAY AND PLAY MEMBERSHIP

****NEW!!** Sports4Life Wellness and Greenwich London Leisure (GLL) have agreed a deal that enables S4WL’s beneficiaries, to enjoy “Pay and Play” membership at all GLL Waltham Forest Leisure facilities, for the heavily subsidised fee of £5 only. SAWL expects that graduates of our swimming lessons, will make good use of this service, and take up regular swimming activities.

Coaches (Swimming, Zumba and Pilates) are certified by governing bodies of their sport; and are DBS (government) checked and insured.

DIABETES TAP

Visit www.diabetestap, for more information on “preventing and reversing diabetes”.

MEDICAL HISTORY

While enrolling, please complete the Medical Status form, (PAR-Q). It is mandatory for all physical activities providers and their beneficiaries to do so.

BACKGROUND

Diabetes Type Two and its related illnesses (e.g., heart failure, stroke, high blood pressure, kidney failure, and limb amputations) should be number one health concern in UK Black and Brown Communities. From age 25, Asians are up to six times more likely to develop diabetes; and people of African descent are three times more likely to develop it, from as early as teenage years; mainly due to obesity.

Obesity is generally caused by systemic failure to educate children and young adults, about good eating habits, and the value of regular exercise routines, as lifestyle choices. Even though many UK children show signs of addiction to fatty, sweet and salty foods at an early age, British education fall woefully short of providing primary education, linking a healthy life with good eating and lifestyle practices.

Preventing And Reversing Diabetes Type Two

Sports4Life Wellness provides programmes that educate diverse communities, about how to prevent and reverse Type Two diabetes, by eating appropriately and proportionately well. Eating at the right time. And eating the correct number of calories; combined with gentle regular exercise routines. In short, by treating the body right, to both maintain and restore balance.

Some Caribbean and South Asian populations worry that if they adopt specific lifestyle regimes, they will be deprived of their traditional delicious cuisines; but this is certainly not the case.

Please attend these seminars for revelatory knowledge on what we now know about preventing and reversing Diabetes Type Two. Register at www.Sports4LifeWellness.

Though these activities specifically target Black and global majorities, they are accessible to all, regardless of race, creed, gender or physical ability.