

WALTHAM FOREST



# PILATES & ZUMBA FOR SENIOR BLACK AND ASIAN

Residents of **LEA BRIDGE ROAD & LEYTON**



## PILATES FREE

When: **Tuesdays, starting January 20**

Time: **8:00 – 9:00 PM**

Venue: Leyton Sports Ground, 485 High Road,  
Leyton E10 6PY

## ZUMBA FREE

When: **Wednesdays, starting January 28**

Time: **7:00 – 8:00 PM**

Venue: Leyton Sports Ground, 485 High Road,  
Leyton E10 6PY

Open to all Waltham Forest residents with  
**TYPE 2 DIABETES**

### FUNDED BY:

**LB Waltham Forest**  
Community Ward Hub

### LBWF

Small Grants for Black & South Asian led  
Organisations

## TO REGISTER, EMAIL:

[info@sports4life.uk](mailto:info@sports4life.uk) (Pilates & Zumba)

[claboku64@gmail.com](mailto:claboku64@gmail.com) (Pilates & Zumba)

[charlotte.forabetteryou@gmail.com](mailto:charlotte.forabetteryou@gmail.com) (Pilates only)

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 falls woefully short of providing primary education linking a healthy life with good eating and lifestyle practices.

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