

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

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

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.

ZUMBA **FREE**

When: Wednesdays, starting January 28

Time: 7:00 – 8:00 PM

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

TO REGISTER, EMAIL:

info@sports4life.uk (Pilates & Zumba)

claboju64@gmail.com (Pilates & Zumba)

charlotte.forabetteryou@gmail.com (Pilates only)

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.