



PRESS RELEASE

TYPE 2 DIABETES CAN BE PREVENTED AND REVERSED

Sports4Life Wellness organisation has been funded by Sported, to provide lifestyle wellness coaching in Zumba, Swimming and Diabetes awareness; for Black, Brown and diverse communities.

Swimming coaching will be provided, in partnership with Greenwich Leisure Limited; on Mondays and Wednesday; from May 22 to July 19.

Designed2Live Zumba coaching will start on May 23, at preferably Black Church venues in London Borough of Waltham Forest and Hackney, from 7 to 8pm.

The first seminar will be held on May 21; another on June 4; and a third feedback workshop, on July 2nd. These events are likely to be recorded. Beneficiaries and/or congregation members will be asked permission for visuals.

Coaches are certified by governing bodies of their sport. They are also DBS (government) checked and insured.

Please visit our website www.ibcms.uk/sports-4-life and www.ibcms.uk/about-diabetes-tap for attendance and registration details.

Background

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

Obesity happens mainly because of systemic failure to teach children and young adults good eating habits, and 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, Britain has continually failed to provide formal education, linking a healthy life with good eating and lifestyle practices.

This systemic failure is due mainly to the unnatural intellectual separation by academia-- of the importance of sports and physical exercises-- from nurture and development of a sound mind and healthy body. For instance, UK academia treat Sport as purely physical activity, for recreation, commercial or entertainment purposes. Athletes are generally encouraged to perform to provide entertainment, create or enhance personal and institutional status; and generate wealth similarly.

Conversely, sport and physical exercises were devised by ancient Africans, primarily for spiritual and mental wellness. Secondly as physical fitness. And thirdly as competition for purposes of entertainment and statecraft. But never did ancient Africans individualise or separate the holistic properties or characteristics of sport. They knotted them together. Unfortunately, these knots were severed by western Europeans, from the Fifteen Century onwards, during the construction processes and procedures of Capitalist Modernity. This has resulted in structural obesity amongst peoples of African descent. And its consequences of diabetes, high blood pressure, stroke and heart disease.

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. Restoring 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. Sports4Life wellness](http://www.Sports4LifeWellness.com).