



Beating Diabetes

Health & Fitness classes

- *Help manage your pre-diabetes or type 2 diabetes*
- *Reduce risks of diabetes complications*
- *Be fitter and manage your weight*
- *Improve your health and wellbeing*

Beating Diabetes with Health Life Fitness is a weekly physical activity and fitness class for men and women with pre-diabetes and type 2 diabetes.

Beating Diabetes main aims are to help you have more confidence and control over lifestyle choices that may affect your diabetes, while improving your health, strength and fitness.

The classes are run by a diabetes qualified fitness instructor in a friendly and supportive environment.

Costs

£5 per session

Beating Diabetes locations, days and times

Please take one of our current timetables, or go to our website to view or download our latest timetable of when and where our Beating Diabetes classes are running.



Health Life Fitness (also known as HLF) is a local specialist lifestyle organisation that offers a range of services in a friendly supportive environment to help you reach your health, fitness and weight management goals.

Whether you're looking to stay functional in older age, improve your strength and fitness, manage your weight, make some lifestyle changes or improve your diabetes, we have a range of classes and programmes to help you reach your goals including:

- Weight management programmes
- Functional fitness classes for older people (such as strength, balance and mobility)
- Health & fitness classes for people with pre-diabetes and type 2 diabetes
- Adult functional fitness classes
- Lifestyle informational talks

If you would like more information on any of our classes or programmes, please contact us to arrange a chat and see how we can help you.

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