

# Beat.

Small steps, Big difference



A physical activity programme to prevent or delay the onset of Type 2 Diabetes.



Beat is a physical activity programme to prevent or delay the onset of type 2 diabetes.

We provide exercise classes and support to Bexley adults who are inactive to help them to reduce their risk factors for type 2 diabetes.

Our volunteer Buddies meet with Beat participants for one hour a week to provide support and motivation, they understand the challenges faced by our participants and have transformed their health and wellbeing through physical activity.

Read more about their individual journeys...

## Elinor's journey

In 2009 I weighed 20st 7lbs. I was 47 years old and felt like I was just existing and not living. My eating was way out of control and I hardly did any form of exercise. To walk down to the shops in the High Street (I live at the top of a hill) was an effort but coming back up the hill was awful, I felt like I was 70.

Since 2009, I have gone on to lose 7½ stone through gradually increasing my exercise and eating healthy. I feel energised, healthy and am enjoying life again.

I love supporting other people to get active because I know the benefits it offers and the quality of life you get from feeling energised and alive.

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## Tim's journey



Two years ago I weighed 24 stone. I suffered with sleep apnea, depression and type 2 diabetes. To date I have lost over 9 stone, no longer have sleep apnea and have brought my type 2 diabetes under control. In this time I have learned more about the importance of physical activity and nutrition in improving health.

I enjoy supporting others to increase their physical activity because I personally know the benefits are awesome. I know if I can, others can too. I support Beat participants so they are not starting the journey alone.

## Janet's journey

After having my children I put on a lot of weight which made me feel self-conscious. I felt uncomfortable socializing with friends and my confidence was low.

My GP advised me to eat a balanced diet and to take up exercise.

Since then, I go to the gym 3 times a week and also play table tennis and badminton. I am very passionate about physical activity.

I volunteer for Beat because I want to show other people that if I can do it they can too.

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## Karen's journey

Having worked very long hours, coupled with a busy social life, I adopted the 'it'll never happen to me' attitude to exercise & poor diet choice... but it did happen to me and I found myself unwell, overweight and in a rut, both physically and mentally. I had to make my health a priority.

My journey so far has helped me lose weight, build confidence and enabled me to take part in 5k competition runs, swim as part of a Team at London Triathlon 2014 and the Great South Run 2015, something I never envisaged I could do.

Volunteering with the Beat Project is an amazing opportunity to support Bexley residents to make healthier lifestyle choices that not only help their physical wellbeing but also their mental health. Having experienced the risk factors for type 2 diabetes I can reassure Beat participants that I understand the challenges, and I can demonstrate that small changes can make a big difference.

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If you would like to find out if you are eligible to join Beat and receive support please call us on 020 3045 4887

Alternatively, if you have had a similar journey to our volunteers and would like to train to become a Beat Buddy please contact Emma on 020 8303 5816 (Option 4)

