

TECHNOLOGY

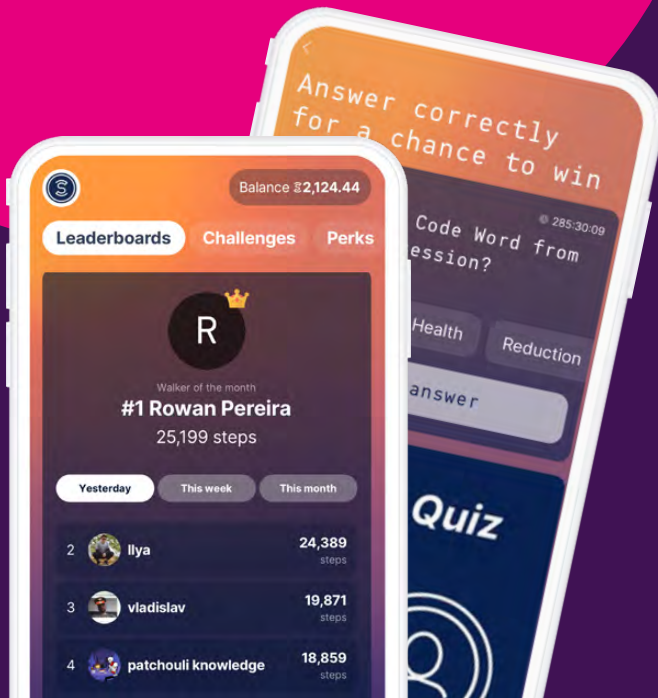
Hey there, I'm Sweatcoin, a free mobile app. I'll be your close friend for the next 10 weeks.

Take me wherever you walk so that I can give you Sweatcoins for your steps and share some videos with tips for healthy living.

You can then buy really cool products with your well-earned Sweatcoins.

The more you walk the better the prizes :)

Together we will take steps to reduce your risk of Type 2 Diabetes.



COMMUNITY CONNECTIONS



- **By taking part with others from your local area you will meet new people and build a community spirit. Helping you and your neighbours become healthier in 2022!**
- **All supporting information will be tailored to your local area so you can easily use it in everyday life.**

Programme developed in collaboration with:

South West London
Health and Care Partnership

Sweatcoin

Respect Your Health

Harlequins Foundation

Wandsworth Community Empowerment Network

Health Innovation Network



Public Health



A FREE 10-week programme
for body and mind



Contact Details
Here

WHAT WE DO

- Guide you through a 10-week interactive programme of health and wellbeing information with
- **fun and social activity sessions**
- Share ideas to help you make small changes to **improve your health**
- Introduce you to opportunities in your local area to help you **maintain positive change**
- Work with you to help **reduce your risk** of developing Type 2 Diabetes

“The Prevention Decathlon has changed my life. I’ve made some really positive, healthy changes to my lifestyle, I’m more physically active and have made a great group of friends. It’s also really nice to be rewarded for my efforts through Sweatcoin.”

Prevention Decathlete



10.3_{kg}

Largest amount of individual weight loss achieved after completing the programme

Decathletes increased their physical activity levels by up to

45%

GUIDANCE

Over 10 weekly sessions our expert healthcare professionals will help you:

- Understand what **Type 2 Diabetes** is and why you are at risk
- Make **small changes** to improve your health
- Make **healthier** food choices
- Understand how mood can **impact your health**

ACTIVITY

Each week will include an activity session delivered by a specialist sports facilitator. This will include:

- The opportunity to become **more active** through fun and engaging games
- Activity suited to **all levels** of ability and fitness
- Over 10 weeks you will try 10 different **activity sessions**, to find which you like best



**COACHING / ACTIVITY /
COMMUNITY / PEER SUPPORT /
WELLBEING / TECHNOLOGY**