**Westfield Health – supporting the Physical Activity for Health Award**

The London Sport Awards, taking place at Wembley Stadium on 8 March 2018, are the biggest celebration of grassroots sport in the capital. [Buy your tickets here to join us](https://londonsport.org/event/london-sport-awards/).

Westfield Health are supporting the Physical Activity for Health Award, of which three nominations have made the final cut to the next stage with the winner being announced on the night of the ceremony.

Find out more about these shortlists here, all helping to raise awareness and enhance the impact of physical activity on promoting good health among London’s population.

The Running Charity

[The Running Charity](http://www.therunningcharity.org/) use the power of the sport to transform the lives of vulnerable and homeless young Londoners, through goal-oriented running and fitness programmes through to a Running Mentor Scheme. Jamie who got involved in the mentoring scheme said, "Mentoring was not only one of the great pleasures of my running career but one of the privileges of my life.‘’

Move it, Lose it – Palace for Life Foundation

Focusing on women over 40 who are clinically overweight, [Move it, Lose it – Palace for Life Foundation](https://www.palaceforlife.org/) provided health sessions on sugar, diabetes, food labels, benefits of being active and mindfulness. Alongside this education women took part in resistance circuits, yoga and pilates. One participant said, “Changing your diet doesn’t change your lifestyle; you have to do the moving as well: it’s the whole package and this programme has been revolutionary, not only for me but for my family.”

Westbury Medical Centre

A general practitioner gym project was set up because workers at the medical centre found that patients were reluctant to be referred to an exercise scheme because they felt uncomfortable about going into a traditional gym setting. To combat this, [Westbury Medical Centre](https://www.westbury.nhs.uk/your-surgery/) set up walks in the park, personal training sessions, sports hall activities alongside motivational talks and dietary advice.

About Westfield Health

Westfield Health have been helping the UK to live well every day since 1919. Their philosophy is simple. To help improve people’s quality of life by enabling them to make healthier, more sustainable choices. Their expertise together with their strategic partnerships, provide them with market-leading insight and technology, that enable them to develop solutions that put their customers’ ever changing needs first. **Find out more about Westfield Health at**[**www.westfieldhealth.com**](http://www.westfieldhealth.com/)

We wish The Running Charity, Move it, Lose it – Palace for Life Foundation and Westbury Medical Centre best of luck on the night and a big thanks to all those who entered the London Sport Awards 2018.

Join the biggest celebration of grassroots sport in the capital at Wembley Stadium on 8 March. [Buy your tickets now](https://londonsport.org/event/london-sport-awards/).

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