

Fidpal Video Transcription (About us Page – <https://Letsgosouthall.org.uk>)

0:12 - I am here today as part of the Super Organisers working with Let's Go Southall to help organise teams of 40 people, organisers, to mobilize people who are not active within Southall.

So we're looking to work with over 400 people from the Southall community to get active.

0:37 - It's not about exercising, it's not about doing lifts or weights or making it out to be something that is very rigorous it can just be something fun, something engaging, something that they can enjoy without thinking about it being an activity or a sport or exercise so when when they change that mentality the hope is that they will actually start to enjoy it and engage in it much more

1:09 - Quote

"We are developing innovative solutions that break down barriers and make it easier for people in Southall to get active as part of their everyday lives."

1:18 - Logos

Let's go Southall

Leadership Centre

Present Films

