

Joe Wicks leads fitness session for pupils at Westfield Stratford City

Youngsters have taken part in special fitness session at Westfield Stratford City - led by none other than Joe Wicks.

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PUBLISHED: 16:06 28 June 2018 | **UPDATED:** 16:32 28 June 2018



Joe Wicks has lunch with pupils from Woodside Primary Academy at the Lifestyle Lab pop-up in Westfield Stratford City Picture: Matt Crossick/PA Wire.

Joe Wicks with pupils from Woodside Primary Academy at the the launch of the Lifestyle Lab pop-up in Westfield Stratford City Picture: Matt Crossick/PA Wire.

The event marked the introduction of the Lifestyle Lab at the shopping centre, a pop-up designed to encourage visitors to nourish their mind, body and soul.

In addition to the Joe Wicks Cafe, with recipes by the man known as the Body Coach, there is also the opportunity to take part in free exercise classes.

Pupils from Woodside Primary Academy in Walthamstow were among the first to try out the facilities, enjoying a fitness class led by Joe, who then joined them for a spot of lunch.

Joe said: “Looking after yourself doesn’t have to be hard work.

Joe Wicks at the launch of the Lifestyle Lab pop-up in Westfield Stratford City Picture: Matt Crossick/PA Wire.

“I’m a man on a mission to educate people and give them the knowledge they need to get a healthy strong body without going hungry.”

The Lifestyle Lab runs until Sunday, July 1. All activities are free with some allocated on a first come, first served basis.