

# Hibs Fit Fans charity marathons



The Hibernian Community Foundation have been running the 'Fit Fans in Training' (FFiT) programme designed for overweight men between the ages of 35 and 65. Over the course of the 12-week programme, they provide information and activities to help men lose weight, get fitter and be healthier, and on Saturday, ahead of the club's last League game of the season against Dundee at Easter Road, several of these fans intend to complete at least three marathons running around the famous pitch to help raise money for future Fitness Activity programmes over the next two years.

Brian Ruxton will run a full marathon, which involves 104 laps of the field, whilst Glenn Milne and Riki Byers will do half marathons of 52 laps. Other Fit Fan graduates will run various distances with a minimum of eight laps required and organisers are confident that they will at least complete three but possibly even four marathons.

One of the fans, Glenn Milne weighed just under 24 stone back in 2002, and by 2009 he was at just over 19 stone, but struggling to lose any more. At the time the Foundation were doing the Fit Fans in Training programme as part of their Men's Health initiative and he joined the second group to participate, starting in February 2011 weighing 119.3kg (18 stone 11). After the initial 12 weeks, he was down to 105kgs, and his waist had reduced from 135cm to 104cm.

After the Fit or Change Programme his waist was down to 93cm and his weight was 91.2kgs, just over the healthy range.

A few more 12-week courses, with more advanced exercises resulted in Glenn getting down to a healthy weight of 78.9 kgs

with an 87cm waist on his 52nd birthday in April 2012.

He can fit into 32" waist jeans for the first time since he turned 15, and since then, I've been continuing with the keep fit, watching what I'm eating and drinking,

He's off high blood pressure medication, his cholesterol levels are down to the low side of normal and he was able to run for 2 miles for the first time since 1979. He still play 5-a-side football, but can play out of goals now, and he's even managed a couple of 11-a-side matches; captaining the Hibernian Fit Fans team.

Glenn told the Edinburgh Reporter: "The Hibernian Community Foundation helped me to lose 7 stone and I'm running a half-marathon to raise funds so they can help people like me in the future. Before I started with the Fit Fans in Training, I couldn't have run the length of pitch, never mind going round it 52 times! The Foundation has made a real difference to my life and I'm delighted to be able to give something back."

The Foundation is involved in many activities, including Health, Fitness and Wellbeing.

The Fit for Change (FfC): programme was uniquely developed by the Foundation as a follow-on for graduates of the FFiT programme, and the 12-week programmes aim to help men maintain their success or continue to progress toward their personal fitness or weight-loss goals.

The Still Game programme is sponsored by the SPL Trust, and is a 10-week programme for those aged over 60 and offers weekly workshops on topics including healthy eating, personal safety, the social history of Hibernian FC, first aid, music performance and production, internet use and light physical activity.

In addition, the Foundations promotes many other initiatives including

Green Shoots: Coaching sessions focusing on fitness and technical progression and skill acquisition through weekly or school holiday training sessions.

Coach Education via an SFA tutor with all certificate courses at the Hibernian Training Centre.

Football coaching in schools wearing the Hibernian badge which aims to increase children's physical activity and improve physical literacy.

Disability Football and Lothian Hibernian: Unique partnership with W / Lothian Special Olympics providing regular coaching for players with learning disabilities with the assistance of Hibernian FCs under-19 squad players.

Community Education and Learning in partnership with Edinburgh College, at the Hibernian Learning Centre and Computing Classes, specialising in literacy, numeracy, employability skills and IT including technology skills, core IT skills, European Computer Driving Licence (ECDL) and advanced ECDL.

The Kicks for Kids programme where generous individual and corporate sponsors purchase season tickets for use by local community and voluntary organisations who allocate them to their members and service-users.

Courses for 12 – 18 year olds on music related topics including drums, guitar, keyboard skills, singing and lyrical composition

Charity Ticket Allocations programme where local charities and organisations receive a block of tickets for their stakeholders, service users and staff to enjoy a match at Category B fixtures at Easter Road, and Charitable Donations of new 'old stock' kit to charities and voluntary organisations.

Anyone wishing to contribute to this fantastic cause can do so

at <http://www.justgiving.com/Glenn-Milne> or just text HIBS99  
£2 to 70070