

Hibs' Football Fans in Training course returns next month



The Hibernian Community Foundation have announced detail of their latest Football Fans in Training FFIT course which is open to men aged between 35-65 with waist size of at least 38 inches.

The FFIT programme has been developed by the SPL to include the most effective approaches to weight loss and physical activity.

Designed specifically for male fans, FFIT is a 12 week plan delivered by experienced community coaches at Easter Road. Each week will consist of a different physical activity some of which include challenge football matches. These are accompanied by a 'classroom' sessions that will help give participants the nutritional tools to maintain long term change.

More than 2000 men have participated in FFIT across Scotland since it started in 2010 and its popularity has been cemented through the mutual support and camaraderie of participants and coaches.

Course start date and duration: 12th January 2015 – 12 weeks

Find out more: email: info@hibernianinthecommunity.org.uk or call 0131 661 1903