

Become a Healthy Hibee in 2015



The Hibernian Community Foundation have announced an additional course to help people improve their fitness levels in 2015.

In addition to the Football Fans in Training (FFIT) course which is aimed at males between 35-65 with a waist exceeding 38in, the Healthy Hibee is for anyone in the local community who wants to challenge themselves and commit to a healthier lifestyle.

The course incorporates fitness activities and nutritional advice, providing you with all the support you need to make sustainable changes to your health and well-being.

The course has had great success in the past. Participants have benefitted from reductions in weight, heart rate and the all-important blood pressure.

Katherine Scotland, a member of the Healthy Hibee troop gave the club website an insight into what it is like to participate in the course: "I've been to fitness classes in the past, and sometimes they can make you feel self-conscious if you're a new person...or a little on the unfit side! But this wasn't the case with healthy hibeers!"

"Since starting the class I have noticed a real difference in my asthma and I don't need to use my inhaler as much which is a great!

"I like the fact we are given challenges to do after every session, whether it's upping our step count or a new exercise routine to do at home, it gives you things to continue with

during the week which really makes a difference!

“The other great thing about Healthy Hibeas is that it helps to keep your eating on track with lots of great nutritional advice and support! I would 100% recommend this course to any one regardless of age, weight and fitness level. Healthy Hibeas is a brilliant way to get fit, lose weight and also have fun at the same time.”

The next Healthy Hibeas course begins on the 13th of January. If you're interested in signing up, contact us the Hibernian Community Foundation on 0131 661 2159 or email at info@hibernianinthecommunity.org.uk