

# Hibs' Football Fans in Training course starts 7 January



Hibs' Football Fans in Training course starts on 7 January and places are going fast, so anyone looking to lose those extra Christmas pounds should sign up now!

The twelve week course, which runs on Thursday evenings from 6:00pm – 8pm. Football Fans in Training (FFIT) is a FREE course, open to men aged between 35-65 with waist size of at least 38 inches.

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

- \* Increase knowledge of diet & nutrition
- \* Improve lifestyle choices
- \* Increase physical activity amongst participants
- \* Reduce weight and waist measurements
- \* Increase engagement in other physical activity

During the course, fans will have the opportunity to train in the East Stand concourse and the side of the pitch.

Full details are available on the Hibernian Community Foundation website.