

Get fit in 2016 at Hibs' Football Fans in Training course



The Hibernian Community Foundation Football Fans in Training course starts tonight.

The fans will be able to train in the East Stand concourses and pitchside at Easter Road stadium for this 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

Fans can sign up via the Hibernian Community Foundation website.