

# Hibs players 'Living it Up' to walk 500 miles



Hibernian staff and players have joined forces with health website Living it Up to walk 500 miles...and they are challenging fans to walk 500 more.

The popular '500 Miles' anthem, written by Hibernian fans The Proclaimers, has become a firm favourite at football grounds around Europe. It provides a fun theme for an initiative being run as part of the GameChanger partnership, which involves the football club, the Hibernian Community Foundation, NHS Lothian and dozens of other organisations.

The step challenge (launching today) is in partnership with [Living it Up](#) (LiU) – a health and wellbeing website for people over 50 and those living with long-term conditions.

The idea is for fans to pick up free pedometers on match days from LiU's pop-up stall in the stadium...and then rack up some miles! Each person's distance can be added to the supporters' total on the LiU website [Livingitup.org.uk/500miles](http://Livingitup.org.uk/500miles) to help reach the 500 mile fan target before the end of the season.

Chief Executive of Hibernian FC Leeann Dempster said: "This is all about raising awareness and improving health, as part of a range of activity that Living it Up is engaged in on home match days at Easter Road.

"It's a really fun way of people becoming a little bit more aware of what they need to do to be a little healthier, and it fits perfectly with the work of our GameChanger Partnership."

Angela Lindsay, NHS Lothian Strategic Lead (Living it Up), said: "We're delighted to be partnering with Hibernian

Football Club, which shares our ambitious community health and wellbeing goals. We're looking forward to working with GameChanger to encourage football fans to be as passionate about their health as they are about the game."

Angela went on: "Hopefully fans will now rise to the step challenge and beat the players and staff to the 500 mile target. Anyone can have a look at both running totals by visiting [Livingitup.org.uk/500miles](http://Livingitup.org.uk/500miles) or add their own steps to the fans' total and help score a winner."