

# Hibs Football Fans in Training course starts on Monday 9th January



Hibernian Community Foundation's Football Fans in Training course starts on Monday 9th January and places are likely to go fast so anyone interested is encouraged to register as soon as possible.

Participants will train in the concourses and pitchside at Easter Road stadium for this twelve week course, which runs on a Monday evening from 6:00pm – 19:30pm. 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

Interested parties can sign up via the Foundation's website.