

# Hibs' Football Fans in Training courses for men and women start this month



New Football Fans in Training courses for men and women start this month at Easter Road,

The tenth Football Fans in Training course for men starts on Mon 16th January and runs from 1800 – 1930.

The course for women starts on 30th January and also runs from 1800 – 1930.

Places are going fast and anyone interested can join via the club website.

Fans will train in the concourses and pitchside at Easter Road stadium for this twelve week course, which runs on Monday evenings from 6:00pm – 7:30pm. Football Fans in Training (FFIT) is a FREE course, open to men aged between 35-65 with waist size of at least 38 inches and women aged between 35-65 with a dress size of 16 plus.

The FFIT week plan is delivered by experienced community coaches. Each week will consist of a different physical activity and 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