

GameChanger 'Fit for Life' sessions at Easter Road every Tuesday



GameChanger will launce new and entirely free, Fit for Life sessions running weekly at Easter Road stadium to help people get fitter, meet new friends and live life to the max.

Starting Tuesday 21st February and running weekly thereafter, people can come along to the south stand and get fit pitch side right next to the Easter Road turf.

The sessions will run every Tuesday 6pm – 7.30pm and on week one an ex GB professional badminton player will have a chat after the first workout on how to stay motivated!

Fit for Life is not about how you look or what you wear, but how you feel and exercising weekly and engaging with new people is the best recipe for happiness.

To sign up call Karen on 0131 656 7062 or email kmcewan@hiberniancommunityfoundation.org.uk.