

# Hibs Football Fans in Training course starts on Monday 25th September



Hibs Football Fans in Training course starts on Monday 25th September and places are going fast, so anyone interested should sign up as soon as possible.

Training will take place 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.

Designed specifically for male fans, 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

Book online by visiting [www.hiberniancommunityfoundation.org.uk](http://www.hiberniancommunityfoundation.org.uk) or by telephoning **0131 656 7062** or email [info@hiberniancommunityfoundation.org.uk](mailto:info@hiberniancommunityfoundation.org.uk)

The Scottish Government recognised the importance of Football Fans in Training (FFIT) and last week, First Minister Nicola Sturgeon unveiled its new Programme for Scotland, which sets out planned legislature over the next 12-month parliamentary period.

As part of the announcement, the Scottish Government's white paper sets out that the new Active Scotland Delivery Plan will be launched, "with a wide range of actions across all sectors including showcasing the contributions of football clubs to deliver positive outcomes, including the Football Fans in Training programme and Walking Football."

Nicky Reid, the SPFL Trust's general manager welcomed the specific recognition of one of the most successful projects Scottish football has seen, within the plan.

"We're pleased to note the formal inclusion of FFIT within the Programme for Scotland as an example of best practice that will be a part of the new Active Scotland Delivery Plan," she said.

"It is a clear recognition that our clubs are now being recognised for their ability to deliver.

"We will continue to work with the Scottish Government to ensure we access those in the hardest to reach places with meaningful activity which supports genuine need."

In 2016-17, 79 courses were run across Scotland, engaging 1,116 people, with an average completion rate of 72.5%.

Participants lost an average of 5.14kg each, and saw their waist reduce by 9.5cm.

The programme first launched in 2010.