

Hibs' Football Fans in Training programme starts next Monday



The Hibernian Community Foundation's FFIT fans programmes for men and women starts on Monday 29 January from 6:00pm – 7:30pm at the South Stand (Away End).

A spokesperson for the Founadtion said: " Join us 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.

"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 your place now by clicking or calling 0131 656 7062."