

Hibs' Football Fans In Training programme starts on Monday 7 May



The Hibernian Community Foundation's Football Fans In Training (FFIT) programmes for men and women starts on Monday 7 May at Easter Road..

The 12-week course is free to supporters aged 35-65 with a waist size of at least 38 inches (men) or a dress size of 16+ (women) and runs on Monday evenings from 6:00pm – 7:30pm.

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 visiting
www.hiberniancommunityfoundation.org.uk or calling 0131 656
7062.