

# Hibs latest Football fans in training course starts this month



The Hibernian Community Foundation's Football Fans In Training (FFIT) programmes for men and women starts on 21 January at Easter Road.

The 13-week course encourages men and women to become healthier and more active and the programme is open to those who want to make changes to their health and general wellbeing.

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](http://www.hiberniancommunityfoundation.org.uk) or calling 0131 656 7062.