

SET scoop Active-In award for FFIT project

Club's charitable arm wins prize at Wycombe District Council Sports Awards.



Last night marked a special night for the Wycombe Wanderers Sports & Education Trust Community Health team, winning the Project of the Year award for the Football Fans In Training (FFIT) programme at the Wycombe District Council Sports Awards, hosted by Active-In.

The club's charitable arm entered both the FFIT and their 'Exercise Your Emotions' projects into the award category and were thrilled to be crowned winners for the popular FFIT initiative, now in its fifth series.

Football Fans in Training is a hugely successful lifestyle programme aimed at men aged 35–65 years old with a waist size of 38 inches or more, offering participants the chance to learn about diet and nutrition, healthy lifestyle choices and take part in the gentle physical activity.

The main aims of the programme are to:

- Increase knowledge of diet and nutrition
- Improve lifestyle choices
- Increase physical activity amongst participants
- Reduce weight and waist measurements
- Increase engagement in other physical activity

Funded by external grants, the programme will be delivering one more 12-week course starting in January, with a view to securing additional funding to continue the series.

Sam Parker, Community Health Manager at WWSET, said: "We would like to say a big thank you to The Sports Council Trust Company for funding us for the past two years and all of the mMen that took that first step to a healthier lifestyle by joining FFIT. They have give us some great success stories and something we aim to keep delivering in the future."