

First female-only FFIT course now open for bookings

Learn how to improve your healthy lifestyle with the Sports & Education Trust.



Wycombe Wanderers Sports & Education Trust are proud to launch its first female-only series of the Football Fans In Training programme from 4th September to 27th November.

Football Fans In Training (FFIT) is a hugely successful lifestyle programme aimed at individuals aged 35–65 years old with a waist size of 38 inches or more.

Delivered at professional clubs, by professional clubs, participants get the chance to learn about diet & nutrition, healthy lifestyle choices and take part in the gentle physical activity.

Each of the scheduled WWSET FFIT programmes will run one evening a week for 12 weeks (plus an initial meet up to get measurements and meet the group) at Adams Park, with participants building up their ability to take part in some football-related activity. Whilst improving the health and well-being of our fans, the FFIT programme will also provide a behind-the-scenes look at Wycombe Wanderers FC.

The weekly sessions are split between education based workshops and physical activity training with all sessions delivered by WWSET's professional coaches. Participants will also receive a free WWFC top and jogging bottoms each.

So far the results have been amazing. Having delivered six teams, we have had 66 men graduate, and combined have lost a whopping 371kg and 445cm of their combined waist measurements! But FFIT isn't just about weight loss, through the courses 83% of them improved their mental health,

82% reduced the amount of fatty foods they ate and 66% increased their physical activity levels.

To sign up for the WWSET FFIT programme all you have to do is meet the criteria below. It's a great opportunity to improve your fitness, lose weight, and train with fellow supporters at Adams Park but places are limited so don't delay...get in touch with us to reserve your place!

We have three courses being delivered across the next year:

Dates:

15th May – 7th August 2019

4th Sept – 27th Nov 2019 (our first female course!)

22nd Jan – 15th April 2020

The courses will take place on a Wednesday evening (6:30 pm – 8.00pm)

Location:

Adams Park, Hillbottom Road, High Wycombe, Bucks, HP12 4HJ

Price:

The 12 week course is £48 at the start of the course, however you will be automatically apart of our cashback scheme and will receive £1 back for every session you attend. As well as the 12 weeks of both nutrition advice and a gradual introduction to exercise you will receive a free WWFC football kit (T-shirt and Shorts), a manual with all the course info, and other special opportunities to get behind the scenes at WWFC.

Eligibility:

You are eligible to take part if you are between 35 and 65 years old and meet any of the following criteria:

Trouser waist size of 38 inches+

Belly 100cm+ (measure your waist and go around your belly!)

BMI of 27+ (Calculate this by visiting <https://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>)