



Hi

2020 was a challenging year for everyone and as Boris stated that exercising more and reducing what we eat and drink will help boost our immune system to combat Covid-19 the Fit Fans Programme (which is free of charge) seems even more relevant and has been added to the NHS better health website as a preferred provider. <https://www.nhs.uk/better-health/>

FIT FANS is a free 12 week health programme for men and women aged 35-65 who are looking to lose weight, get fitter and lead a more active life. You will meet fans just like you, who want to lose weight. You will go behind the scenes at the home of Leyton Orient Football Club, learn about healthy eating and take part in an exercise programme (different sport week to week), but don't worry people often say with FIT FANS they are too busy having fun to realise that they are exercising.

The main aims of the programme are to:

- Improve your eating habits
- Test your knowledge about alcohol
- Increase your activity levels – one step at a time!
- Reduce your weight and waistline
- Support each other to stay on track

FIT FANS has helped 1000's of people – football fans like you – to achieve long-term improvements in weight loss, physical activity, diet and general wellbeing.

The 1st Leyton Orient Fit Fans programme of 2020 had a total weight loss of 177kg (27 stone 12 pounds) for the 25 men that completed it. The 2nd programme was for women and had a total weight loss of 113kg for the 24 ladies that completed it.

The programme lasts 12 weeks and will be 2 hours on a weekday evening. One hour is a group based classroom healthy living session and the other hour is an activity with a different sport each week. All sessions will be Covid safe.

To be able to be part of this programme 2 of the 3 criteria must apply to you

1. You have a BMI of 28 or over. You can check using <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>



2. You have a waist measurement of over 37 inches (male) 31 inches (female) measured around the body where the belly button is.
3. You are between 35 and 65 years old.

All are weekly sessions, based at the SCORE Centre E10 5JY (opposite the Leyton Orient FC on Oliver Road)

There are 30 spaces in each group:

Male – Wednesday 7-9pm starting May 19<sup>th</sup> for 12 weeks

Female – Monday 7-9pm starting May 17<sup>th</sup> for 12 weeks

EFL trust oversee the programme, you can find case studies on their website

[FIT FANS - EFL Trust](#)

Please contact me for a registration form.

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