

Get Fitter, Healthier and Happier with FFIT

FFIT is a 13-week programme that can help you to improve both your physical health and mental wellbeing!

It's finally time to Get Back to Stark's Park and why not make it a life changing visit. Football Fans In Training is available to both men and women aged 35-65, who want to improve their lifestyle.

Sessions are just like the game that we all love - 90 minutes split into two halves. Over the 13 weeks, your group will learn and exercise together - one step at a time.

You will learn about healthy food and good things to drink, getting active, and small things that you can do to make a difference.

It's a brilliant opportunity to meet new people too, with laughs and shared effort at the very centre of the programme.

FFIT is completely **FREE TO JOIN**, and places are currently available. Get Back to Stark's Park and Get Back FFIT today.

To sign up today, email community@raithrovers.net with your expression of interest

Ready to change your lifestyle? FFIT can help you to be fitter, healthier & happier. Join FFIT at [@RaithRovers](https://twitter.com/RaithRovers) for 2022. It's 13 weeks, completely FREE. Sign up today community@raithrovers.net [@SPFLTrust](https://twitter.com/SPFLTrust)



The poster features a large circular logo on the left with the text 'FOOTBALL FANS IN TRAINING' around the perimeter and a stylized figure of a person kicking a ball in the center. Above the logo is a small crest with a lion. Below the logo, the text reads 'Get FFIT, Get Back to Stark's Park' and 'spfitrust.org.uk/ffit'. On the right side, the RRCF logo is at the top, followed by the text 'FOOTBALL FANS IN TRAINING', 'CHOOSE A HEALTHIER MORE ACTIVE LIFESTYLE IN 2022', 'STARTING MONDAY 17TH JANUARY (MEN) THURSDAY 20TH JANUARY (WOMEN)', 'MAKE THAT POSITIVE CHANGE TODAY AND SIGN UP BY EMAILING COMMUNITY@RAITHROVERS.NET', and social media links for Facebook and Twitter. The SPFL Trust logo is in the bottom right corner.

RRCF
Raith Rovers
Community Foundation

FOOTBALL FANS IN TRAINING

CHOOSE A HEALTHIER MORE ACTIVE LIFESTYLE IN 2022

STARTING
MONDAY 17TH JANUARY (MEN)
THURSDAY 20TH JANUARY (WOMEN)

MAKE THAT POSITIVE CHANGE TODAY
AND SIGN UP BY EMAILING
COMMUNITY@RAITHROVERS.NET

Get FFIT,
Get Back to Stark's Park

spfitrust.org.uk/ffit

<https://www.facebook.com/raithroverscommunityfoundation>

<https://twitter.com/RaithRoversCF>

SPFL TRUST