



# SPFL Trust

## Football Fans in Training



2020-21 Project Report

[spfltrust.org.uk/ffit](http://spfltrust.org.uk/ffit)



# Welcome

Our flagship health programme Football Fans in Training (FFIT) has now been running for over a decade, with thousands of Scottish football fans benefitting from the initiative. Participants come away feeling ready to make positive changes, and the results are proven to last.

The 2020-21 season was not without challenges, with restrictions in place for months at a time, often putting SPFL clubs and their associated community trusts at a standstill.

However, brighter days were just around the corner, and as restrictions came and went we were able to run two FFIT cohorts; one in August 2020, and another in May 2021. Even better, FFIT was back where it belongs too - in the grounds that fans know, and love.

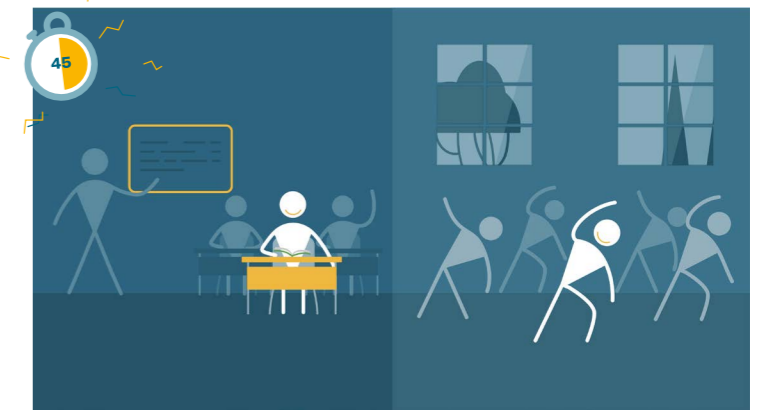


# What is FFIT?

FFIT is an innovative health programme, funded by the Scottish Government. It is available across Scotland and is open to people who are between 35 and 65 years of age and are overweight or obese - specifically, they must have a BMI of at least 28.

FFIT sessions are delivered by clubs' community coaching staff to participants in same sex groups.

The programme runs over 13 weeks, and each session is split into two 45-minute halves just like the game we love. In the first half participants take to the classroom where they are given tips and advice so that they can improve their lifestyle and increase their wellbeing - from tips on healthy eating, to learning about their mental health. In the second half participants engage in light exercise and physical activity.



## Mental health matters

It is now mandatory for FFIT coaches to complete mental health awareness training



Fitter



Healthier



Happier

## Who is FFIT for?



Men and women aged 35-65



With a waist size of at least 40 or 38 inches respectively



# Who delivered FFIT in 2020-21?

## Women and Men



## Men Only



## FFIT far and wide

FFIT isn't just a success in Scotland, it's Europe's leading healthy lifestyle programme. It is licensed across European countries such as Germany, the Netherlands, Hungary, Belgium and England - where the EFL Trust rolls out the programme as "FIT Fans" to clubs across the EFL.



# FFIT in numbers

## Men

Starters:	<b>322</b>
Completers:	<b>243</b>
Retention:	<b>75.47%</b>
Total weight lost:	<b>1379kg</b>
Average weight lost:	<b>6kg</b>
Average age:	<b>47.82</b>
Reduction in fizzy drinks:	<b>53%</b>
Reduction in sugary snacks:	<b>41%</b>
Raised awareness of alcohol intake:	<b>85%</b>
Reduction in units of alcohol:	<b>28%</b>
Reduction in sedentary minutes:	<b>21%</b>
Physical activity increased:	<b>47%</b>
Reduction in takeaways:	<b>36%</b>
Reduction in sugary snacks:	<b>44%</b>
Increase in fruit and vegetable intake:	<b>50%</b>
Wellbeing increased:	<b>13%</b>

## Women

Starters:	<b>190</b>
Completers:	<b>108</b>
Retention:	<b>57%</b>
Total weight lost:	<b>395kg</b>
Average weight lost:	<b>4kg</b>
Average age:	<b>47</b>
Reduction in fizzy drinks:	<b>62%</b>
Reduction in sugary snacks:	<b>45%</b>
Raised awareness of alcohol intake:	<b>83%</b>
Reduction in units of alcohol:	<b>22%</b>
Reduction in sedentary minutes:	<b>12%</b>
Physical activity increased:	<b>42%</b>
Reduction in takeaways:	<b>17%</b>
Reduction in sugary snacks:	<b>40%</b>
Increase in fruit and vegetable intake:	<b>46%</b>
Wellbeing increased:	<b>15%</b>

## Mental health and wellbeing

As part of the programme FFIT Participants completed the Warwick-Edinburgh Mental Wellbeing scale monitoring. Both groups recorded an increase in improved wellbeing:



Men  
**13.28%**



Women  
**14.59%**

## Know Your Risk diabetes questionnaire

The Know Your Risk diabetes questionnaire helps people to understand their risk of developing diabetes, so if required, they can access prevention programmes.

**295** participants completed the Know Your Risk diabetes questionnaire

**80%** of participants did not know their risk before FFIT

# The stories behind the numbers

Over the course of the 2020-21 FFIT season we've told stories that highlight the power of the programme.

For Alloa Athletic fan and FFIT participant Keith Goodfellow, the programme was an important wake up call.

Keith said:



I think FFIT probably saved my life. I was in denial about my health before taking part. When my blood pressure was taken I nearly blew up the machine twice. My FFIT coach told me to go to the GP, where I was told I was a heart attack waiting to happen. Although the FFIT programme is finished for me, it's still ongoing in my day to day life. It's about making small changes. It made me feel better about myself too, which was a big thing for me.



Keith isn't the only one who has benefitted from the programme. St Mirren fan, Suzie, found that the programme helped to increase her fitness levels, and for Falkirk fan Dawn, it helped her reconnect and make new friends after lockdown.



## Watch Suzie's Story



 Getting Fitter  
Suzie



Fitter

## Watch Dawn's Story



 Feeling Happier  
Dawn



Happier

## Watch Keith's Story



 Becoming Healthier  
Keith



Healthier

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