



Fremantle Dockers fans at the club's facilities during the Aussie-FIT project.

# Footy fans fighting flab in AFL facilities

A CURTIN University program is giving die-hard football fans the chance to get fit at their favourite club's facilities.

Researchers have recruited more than 100 male AFL fans aged between 35-65 with a body mass index of 28 or higher to take part in the Aussie-FIT project.

The health and fitness program run by Fremantle Dockers and West Coast Eagles coaches aims to encourage out-of-shape football fans to get active and take care of their bodies.

Participants take part in weekly 90-minute sessions, which feature a fitness and educational component, at the clubs' facilities in Cockburn and Leederville.

Fremantle Dockers fan Steve McLeod took part in the project earlier this year and said it helped him lose 17kg in 16 weeks.

"I was coming from a high base and I've still got a lot to lose," he said.

"Without making major changes, it's mainly been about eating better and exercising better, which has been very beneficial for me.

"Some of it is common sense but it's more about lifestyle changes."

Mr McLeod said working in a group of people with similar fitness levels made him feel more comfortable about his attempts to lose weight.

"I was coming from a very low fitness base but

you weren't made to feel bad," he said.

Curtin University project investigator Eleanor Quedstedt said the project was providing researchers with an insight into overweight football fans' response to information about health and nutrition in a bid to reduce obesity.

"By taking part in this project, we expect the fans to reduce their weight and waistline, increase their knowledge of healthy eating and different types of physical activity, learn how to sustain their new lifestyle over the longer term, and gain a unique, behind-the-scenes experience with their favourite footy club," she said.