



Nick Hart of the Lions Supporters' Trust

Millwall fans swap pies for lettuce at new Lions' fit club

SIX BRAVE Lions supporters will be swapping meat pies for lettuce leaves as part of a new Millwall fans' fitness club.

The supporters, who have already been selected, will have their lives turned round over the course of six months as experts take them through a new fitness and diet regime.

Other fans will be able to follow the team's progress as updates will feature in matchday programmes.

The health initiative, run by the club and the supporters' trust, was inspired by the hit ITV show *Celebrity Fit Club*.

By David Vuill

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Nick Hart, of the Lions Trust, told the *News*: "It is an idea that we have been working on with the match day medical team, headed by Dr Alison Leary, in a bid to promote a healthier lifestyle amongst our supporters."

Hart added that it was not just targeting the individual six who had been selected: "Starting with the home game at Yeovil, we are hoping to set up a camp in the car park offering a variety of health checks and advice, from stop-

ping smoking to weight loss."

Vice Football Chairman Stewart Till has promised to donate a pound for every pound in weight lost by the fit club to the Neil Harris cancer charity Everyman. He said: "It is a really great initiative and I was only too happy to contribute financially to what is a fantastic charity and I am hoping that others will dig deep too."

"It is a relatively small donation, unless some drastic weight is lost and it comes at a very timely period with all the press coverage of obesity in the UK."