



Media Release

7 February 2019

MAN v FAT kicks off in Yangebup

Seventy motivated men have committed to increasing their fitness and reducing their belt size while playing soccer with friends as part of the MAN v FAT phenomenon.

The City of Cockburn is the first local government in Australia to host the soccer-based program which aims to combine a regular sporting commitment with dietary and lifestyle changes.

The City's inaugural MAN v FAT soccer league will kick off on 12 February with eight teams competing in the Cockburn league hosted by Area 5 Football at the new Visko Park recreation facility in Yangebup.

Coordinated by the University of WA after its pilot programs helped 87 men lose a combined 600kgs, the premise is based on a successful model established in the United Kingdom several years ago.

The City has committed \$18,000 from its Healthy Cockburn fund to help facilitate three 15-week seasons of the program at Visko Park, to encourage local men to adopt a more active, healthy lifestyle.

Each team's on-field score benefits from extra points earned by its members' weight loss, making weekly fixtures competitive and motivating.

Stay tuned for news of future seasons in Cockburn and for more information about the program visit www.manvfatsoccer.com.au

For more information contact:
Media and Communications Officer
City of Cockburn
T: 08 9411 3551
E: media@cockburn.wa.gov.au