

# Fat 2 Fit FC

## Sponsorship & Grants



LOSE WEIGHT | IMPROVE FITNESS | BOOST MENTAL HEALTH



# Fat 2 Fit FC

## Who we are

At **Fat 2 Fit FC**, we help men aged 18 and over tackle their weight, improve their fitness, and boost their mental health through regular, fun, and friendly football.

Our sessions are about far more than the scoreline — they're a supportive space where all abilities are welcome, confidence is built, and progress is made at your own pace.

Whether you're returning to football after years away or stepping onto the pitch for the first time, you can expect encouragement, laughter, and a team environment that values effort, wellbeing, and showing up for yourself as much as winning games.

Unlike many weight loss programmes, members who reach a healthy BMI are encouraged to stay involved as Fat 2 Fit Ambassadors.

This helps them maintain their healthy weight while motivating and supporting newer members.

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# Fat 2 Fit FC

## Community Impact

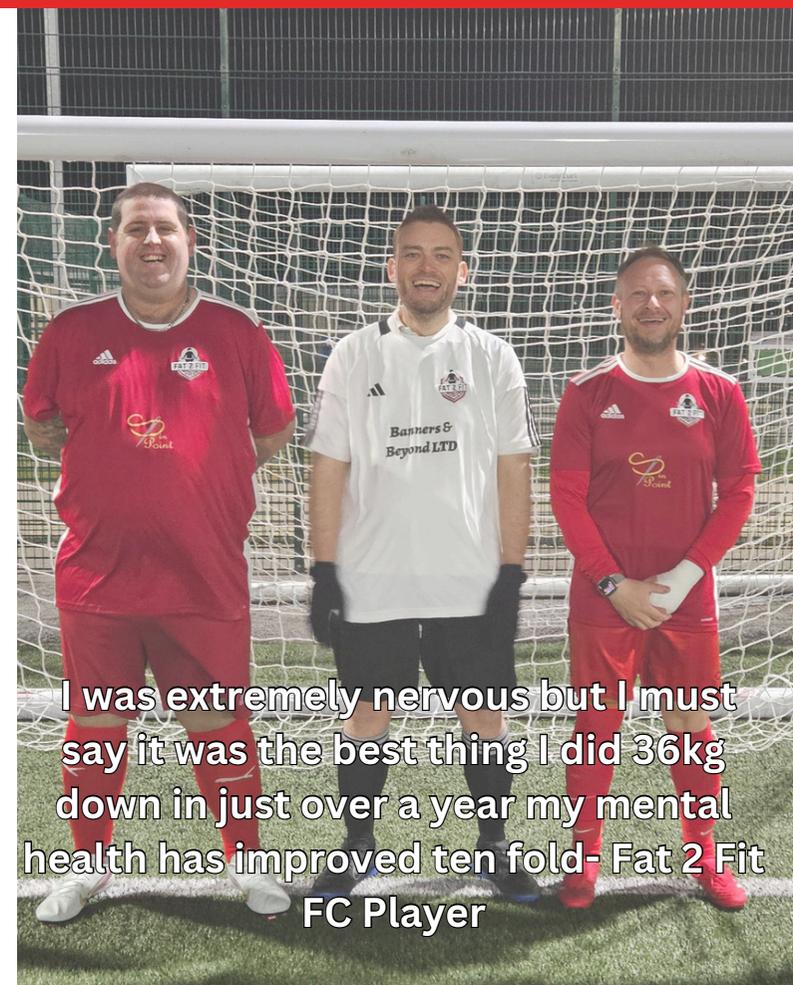
Fat 2 Fit FC provides more than just football sessions.

The club creates a supportive community where people build friendships, improve their confidence, and support each other through weight loss and mental health challenges.

Members regularly check in on each other outside of football and organise additional social activities, helping to reduce isolation and improve wellbeing.

Fat 2 Fit FC operates in Truro and welcomes players from across the local community. A number of our current members live within Kenwyn Parish, and additional funding would allow us to actively promote sessions to more residents within the parish area.

Our aim is to make football-based fitness accessible and affordable for local people who may otherwise struggle to access structured exercise programmes.



I was extremely nervous but I must say it was the best thing I did 36kg down in just over a year my mental health has improved ten fold- Fat 2 Fit FC Player

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# Fat 2 Fit FC

**\*100%** of members say Fat 2 Fit FC have helped them lose weight

**50%** increase in members in 2025

**\*100%** of members say Fat 2 Fit FC has had a positive effect on mental wellbeing

F2F has been great for my health & mind.

- Fat 2 Fit FC Player



Statistics based on member feedback collected December 2025 (33% response rate).

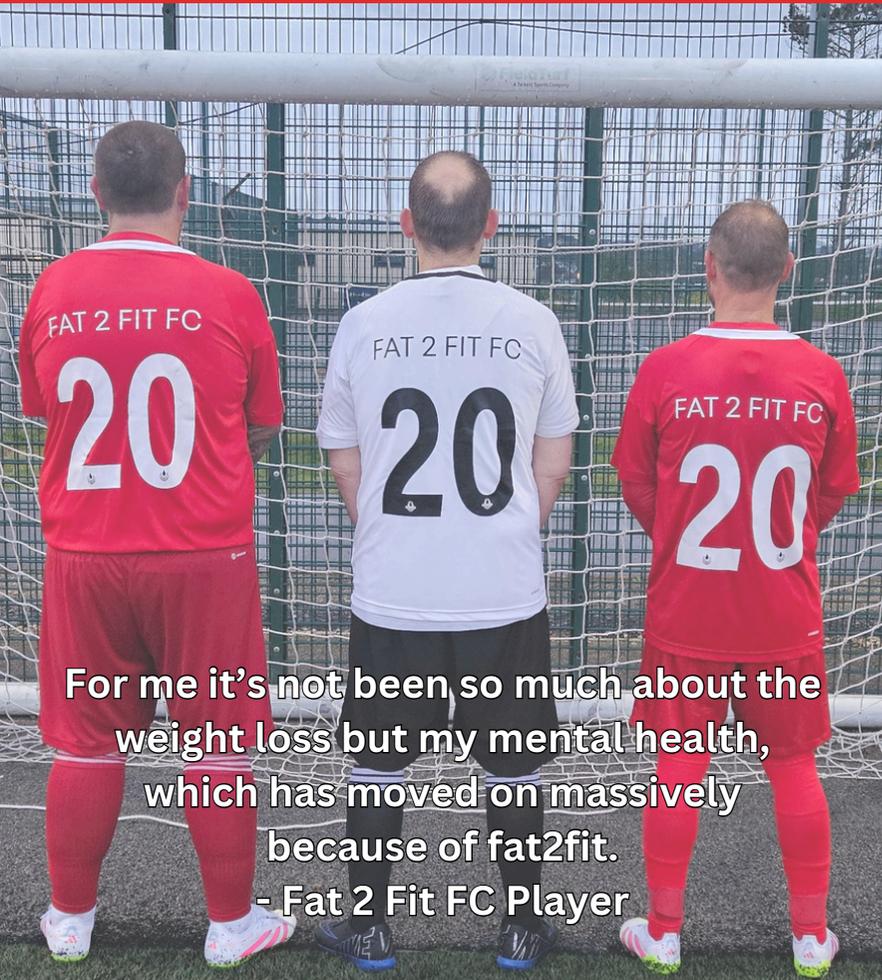
It has helped me lose weight and gain a great deal of physical fitness. I am now in a position where I can play other physical competitive sports which wouldn't have been possible without fat 2 fit.

- Fat 2 Fit FC Player

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For me it's not been so much about the weight loss but my mental health, which has moved on massively because of fat2fit.  
- Fat 2 Fit FC Player

£4,680 - Pitch hire for weekly sessions\*

£50 per player - Welcome pack including a team shirt

£55 - Club insurances

£800 - Equipment (balls, cones, first aid kits, etc.)

\* Based on £90 per weekly session at Truro College

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# Fat 2 Fit FC

How funding would support **Fat 2 Fit FC**

- Reduce membership costs
- Improve access to sessions for local residents
- Increase awareness of the programme in the local community
  - Provide equipment and safety supplies
- Support additional wellbeing-focused sessions



The team are incredibly supportive and encouraging providing both well-organised and enjoyable Friday football sessions and optional Wednesday social activities. I cannot describe the impact the club has had on me. I've made genuine friends while improving my health & wellbeing. - Fat 2 Fit FC Player

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# Fat 2 Fit FC

It really is like being with  
your second family - Fat 2  
Fit FC Player



## Our plans for the future

### Short Term:

Lower membership fees

Ensure we have equipment (football, first aid kits, cones)

### Medium Term:

Be able to provide each new member with a welcome shirt

Support members through injuries, offer mental health support

Additional Sessions focused at mental well-being as well as fitness and weight loss

### Long Term:

Add additional locations across Cornwall or the South West of England

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# Fat 2 Fit FC

With the support of local organisations such, Fat 2 Fit FC can continue providing affordable football sessions that help local residents lose weight, improve their fitness, and strengthen their mental wellbeing.

Help Support Fat 2 Fit FC  
Contact: [Media@f2ffc.co.uk](mailto:Media@f2ffc.co.uk)



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# Fat 2 Fit FC

## Full player testimonials

I started about 8 months ago after feeling really miserable in myself I had put on weight and my mental health was poor. I didn't know what to expect but honestly everyone is so welcoming, I look forward to my Friday night football, I have lost weight I feel like me around this group and everyone is welcome that comes along. It is completely inclusive we don't judge, don't care what your age is or even that you have never kicked a ball. More to this we meet outside of football and have social meetings because we get on that well. If we haven't seen someone for a while we check in on each other and make sure they're ok. Collectively we have lost so much weight and improved our own mental health which in its self is an amazing accomplishment. They're a great bunch, caring, passionate, and supportive and would encourage anyone looking to lose weight to come along.

-Fat 2 Fit FC Player

Fat 2 Fit has been hugely beneficial for both my physical and mental health. The team are incredibly supportive and encouraging providing both well-organised and enjoyable Friday football sessions and optional Wednesday social activities. I cannot describe the impact the club has had on me. I've made genuine friends while improving my health & wellbeing.

-Fat 2 Fit FC Player

These guys really do support all that attends rather than just using this as a marketing ploy. Football is what brings us all together, but it's more than that, there is a great focus on health and losing weight, but mental health is also tackled from just a friendly chat to signposting groups that may be able to help. It really is like being with your second family.

-Fat 2 Fit FC Player

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