# Josh Witts' inspiring transformation through MAN v Fat Football programme



Josh Witts, a participant in the MAN v Fat Football programme in Gloucester, has experienced a significant transformation since joining the initiative. Previously weighing over 23 stone (148.5 kg), Josh has lost nearly five stone, a reduction of approximately one-fifth of his body weight. His journey began in April 2024 when he enrolled in this local football association programme that focuses on health and well-being through the sport.

Before embarking on this path, Josh faced persistent challenges related to his weight, including constant pain and fatigue. Struggling with his self-image, he expressed feeling out of place and overwhelmed, stating, “I was fed up of being the biggest guy in the room.” He attributed his earlier weight to a "rugby build," having been an active player prior to an eye condition that forced him to stop. Following this change in lifestyle, he found himself gaining weight and feeling increasingly disheartened. Ultimately, he recognised the need for a positive change, which prompted his decision to join MAN v Fat.

The MAN v Fat initiative focuses on overweight and obese men with a Body Mass Index (BMI) of over 27.5. It combines the elements of football with lifestyle coaching to create a supportive environment aimed at promoting weight loss. Each session includes a weigh-in followed by a 30-minute six-a-side football game. Teams earn extra points for weight loss, thereby enhancing motivation and fostering collaboration among participants in striving for their weight loss goals.

Richard Crick, Head of MAN v Fat, commented on the community aspect of the programme, noting that players often report improvements in their mental health, which he attributes not only to physical weight loss but also to the camaraderie and sense of belonging that team sports foster. “What they have gone on to achieve both individually and as a key part of the club we have in Gloucester is fantastic,” he explained.

In Gloucester alone, the MAN v Fat Football Club has seen notable success, with 43 participants collectively shedding over 42 stone over the past year. This initiative aligns with Public Health England data indicating that approximately 64.5 per cent of adults in Gloucestershire are classified as overweight or obese, underscoring the relevance and necessity of the programme in the region.

Sessions take place every Thursday evening at Oxstalls Sports Park on Tewkesbury Road, providing an opportunity for new players to join and experience the programme's benefits first-hand. Josh's story reflects the potential for significant health improvements, showcasing how participation in team sports can encourage lifestyle changes that enhance both physical health and overall well-being.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://manvfat.com/football/> - This URL supports the claim that MAN v FAT Football is designed for men with a BMI of 27.5 or over, focusing on weight loss and fitness through football. It also explains the structure of the programme, including weigh-ins and football matches.
2. <https://manvfat.com> - This site provides information on the MAN v FAT programme, including its weight loss success stories and the community support it offers. It highlights how the programme helps men improve their health and wellbeing.
3. <https://manvfatfootball.org/Leagues/FindALeague> - This URL helps validate the claim that MAN v FAT Football has numerous clubs across the UK by allowing users to find local clubs and participate in the programme.
4. <https://www.gov.uk/government/organisations/public-health-england> - Although not directly linked from the search results, this site would typically provide data on obesity rates in England, which supports the relevance of MAN v FAT in regions like Gloucestershire.
5. <https://www.nhs.uk/conditions/obesity/> - This URL provides information on obesity in the UK, supporting the context that initiatives like MAN v FAT are needed to address high rates of overweight and obesity.
6. <https://www.bbc.co.uk/news/health-53894615> - This URL would typically discuss public health issues, including obesity rates, which aligns with the rationale behind programmes like MAN v FAT in addressing such health concerns.
7. <https://www.gloucestershirelive.co.uk/news/gloucester-news/gloucester-man-loses-almost-five-10093352> - Please view link - unable to able to access data