



PLAYER HANDBOOK

INTRODUCTION



You are one of the first men in North America to join the MAN v FAT Family! So firstly, hello and thank you from myself and everyone at MAN v FAT.

Over in the UK we've supported more than 20,000 men in their battle with fat. We're so excited to be bringing our unique approach to weight loss, mental health, and creating brotherhoods to Florida.

These launches have been in the making for almost two years, so to finally be kicking off this summer is a huge moment for us, and hopefully for you too. These pilots are to test whether MAN v FAT Soccer can be a national success in the USA. Please remember, we'll continue to do our very best to support you on your weight loss journey, but also that we're new to the USA – so we welcome your feedback, thoughts, and ideas constructively to help make MAN v FAT Soccer even better for you and our future members.

Don't forget to tell your friends and family about your MAN v FAT journey and encourage them to get involved too.

Thanks again for joining us and being part of our community!

Richard Crick - Head of MAN v FAT



CODE OF CONDUCT



Making your experience safe and enjoyable.

- 1.** MAN v FAT Soccer is above all a weight loss program. The MAN v FAT Team will support and encourage you to make sustainable changes to your lifestyle and behaviors to achieve weight loss. We will not prescribe meal plans or exercise routines; every player is different and should only consider options that are suitable and safe for you. Embrace the program and commit to making changes. MAN v FAT Soccer is the only soccer league where losers win!
- 2.** Respect each other, the MAN v FAT Team, and members of the public who share the facilities. Bullying, threatening or abusive language of any kind will not be tolerated. You are representing yourself, your team, and your league.
- 3.** You should not attend a facility or participate in a session if you have an infectious illness or condition, or if you are under the influence of drugs or alcohol.
- 4.** When returning to physical activity, do so gradually and at your own pace and always thoroughly prepare for exercise. If you become ill or injured during a MAN v FAT Soccer session you must report this to a member of staff. We will take all reasonable steps to ensure that each league/venue provides an assigned first aider.
- 5.** You are responsible for your own health. Each player has agreed to the Participation Waiver when joining the program. If you wish to re-read this, you may find it at manvfatsoccer.com. If you have any concerns about your health or ability to participate, you must consult a health practitioner before continuing. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you, nor exercise beyond your own abilities.
- 6.** Men come in all shapes and sizes. All men over the age of 18 with a BMI of 27.5 and above are encouraged to join our program.
- 7.** Players are expected to arrive and weigh in up to 30 minutes before their game. Members playing next should be prioritized in the 30 minutes before kick off. NO WEIGH, NO PLAY.

CODE OF CONDUCT



- 8.** MAN v FAT reserve the right to review and change teams. This is in the interest of keeping leagues enjoyable, competitive and fair. Players should remain flexible and support these changes. Change can be tough but, in a league full of likeminded people you will settle in with your new teammates in no time.
- 9.** MAN v FAT Staff have a responsibility to safeguard our community. If there is a risk to Player or Staff safety, the MAN v FAT Coach may take the decision to cancel a session. This may include extreme weather conditions, damage to equipment or facilities, infectious illness etc. Where possible, the team will provide as much notice as we can. Where this isn't possible, we expect participants to respond appropriately. The decision will always be made in the best interests of the league.
- 10.** We expect players to dress appropriately for sessions ensuring suitable footwear and shin guards are worn. Jewelry including wearable tech should also be removed. Remember to dress appropriately for exercise in high temperatures. This may include applying sunscreen, wearing light clothing, wearing a sun hat, and staying in the shade between games and during rest periods.
- 11.** Players are encouraged to manage their own substitutions evenly and fairly. Every player should have the opportunity to participate and rest where required. We will respect your personal decisions as to whether the program and physical activity is suitable for you.
- 12.** We will make every reasonable effort to ensure that our equipment and the facilities that we use are in a safe condition for you to use and enjoy. Players and staff must remain vigilant and are encouraged to report any hazards or potential risks. You must familiarize yourself with any rules and instructions, including warning notices. Look out for each other and help keep your league safe.
- 13.** MAN v FAT reserve the right to ask a player to leave a session or terminate their membership for failure to comply with MAN v FAT rules or Code of Conduct. Help us to ensure your league remains a safe, enjoyable, and welcoming part of the MAN v FAT Community.

This statement is for guidance only. It is not a legally binding agreement between you and us and does not create any obligations which you or we must meet.

For full terms and conditions and MAN v FAT Soccer rules go to manvfatsoccer.com.

WHAT YOU GET



MORE THAN A GAME

As a MAN v FAT player, you get an amazing range of benefits.

WEIGHT LOSS SUPPORT

- Online and in-person weight and fitness support
- Routine, support and accountability
- A weekly weigh in with your Health & Wellbeing Coach
- Regular weight loss content

REGULAR SOCCER

- 28-minute weekly game
- Qualified referees
- Match results available online within 48 hours
- Trophies and medals

PLUS MORE!

- Dedicated support team
- Exclusive recipes
- MAN v FAT social media channels



HOW IT WORKS



1 WEIGH

Weigh in every week before your game and score bonus goals for your team based on your weight loss performance.



2 PLAY

Enjoy a game of soccer! Goals from your matches are added to the weight loss goals for the final score.



3 LOSE

Watch as your BMI goes down and your health improves - 90% of MAN v FAT Football players in the United Kingdom lose weight with us.



4 WIN

Losing weight, feeling great and getting to play soccer with likeminded men every week - we call that a win.



LOSE WEIGHT, PLAY SOCCER



Here's how to win on the scales, and on the field.

SCORING GOALS

TEAM WEIGHT LOSS

When you and your teammates lose weight you are given a goal bonus:

1-2 players
+1 goal

3-4 players
+2 goals

5-6 players
+3 goals

7-8 players
+4 goals

9+ players
+5 goals

HAT-TRICK

+1 goal
When you lose weight for three weeks you earn a hat-trick.

5% WEIGHT LOSS

+3 goals
When you reach each 5% personal weight loss target you are awarded three bonus goals. Each 5% achievement is based from your start weight - this is the weight taken at your first MAN v FAT session.



LOSING GOALS

OWN GOAL

-1 goal
If you go above your registration weight you lose a goal for your team. This will reoccur until your weight goes below your registration weight.

HOW TO WIN THE LEAGUE

Your team's final result each week is based on goals scored both on and off the pitch.

Win - 2 points
Tie - 1 point
Lose - 0 points












AWARDS AND ACCOLADES



At MAN v FAT Soccer, you get the chance to win certificates, medals and trophies based on your success both on and off the pitch.

LOSERS WIN!

Play our bye-bye belly bingo and see how many you can score.

<p>CERTIFICATE</p>  <p>5% LOSS Win when you lose 5% of your starting weight</p>	<p>CERTIFICATE</p>  <p>10% LOSS Win when you lose 10% of your starting weight</p>	<p>CERTIFICATE</p>  <p>HIGH 5! Coach's choice award</p>
<p>MEDAL</p>  <p>TOP SCORER Most weight loss bonus goals scored</p>	<p>GLORY!</p>  <p>BUCKLE DOWN You went down a belt notch!</p>	<p>CERTIFICATE + MEDAL</p>  <p>AMAZING LOSER Awarded to player with the biggest % loss</p>
<p>CERTIFICATE + MEDAL</p>  <p>TOP TEAM Winners of the weight loss league</p>	<p>SHIELD + MEDALS</p>  <p>LEAGUE WINNER Combined weight loss and football league</p>	<p>GLORY!</p>  <p>DROPPED DOWN You went down a shirt size!</p>

GOT A QUESTION?



WE'RE HERE TO HELP

Many of the answers to the most frequently asked questions can be found online at manvfatsoccer.com in the FAQ's.

Our Player Support team is also on hand during the week to answer your questions.

BUSINESS HOURS

Monday: 10am - 2pm ET
Tuesday: 10am - 2pm ET
Wednesday: 10am - 2pm ET
Thursday: closed
Friday: 10am - 2pm ET
Weekend - closed



WHATSAPP

+1 786-917-5773

Call us on
WhatsApp
or drop us
a message

EMAIL

support@manvfatsoccer.com

TIPS ON LOSING WEIGHT



WEIGHT LOSS

How do you lose weight? Magic pills and potions?

101

Forget it - these are the 10 simple fundamentals of successful weight loss.

150 ACTIVE MINUTES

The U.S. Department of Health and Human Services (HHS) advise that for substantial health benefits, adults should aim for at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.

Preferably, aerobic activity should be spread throughout the week. Moderate activity is anything that raises your heart rate, activities include brisk walking, riding a bike and leisurely swimming.

You should aim to be physically active every day, and reduce the amount of time you spend sitting down. Remember that any activity is better than none!

WATCH YOUR PORTIONS

Be mindful of how much you're eating - don't pile your plate up with food. The FDA tell us that 2,000 calories a day is used as a general guide for nutrition advice, but your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level. Eating too many calories per day is linked to overweight and obesity. Read Nutrition Facts labels where possible to help you make healthier decisions. To find out how many calories you need, check out <https://www.myplate.gov/myplate-plan>



DRINKS

Make sure to drink enough water! Water is essential to keep your body healthy, and it's especially important to drink enough when you're exercising to replace fluid lost via sweating. Plain water doesn't contain calories - but many other drinks do. Sugary drinks, milky coffees and alcoholic beverages can all pack a significant calorie punch.



TIPS ON LOSING WEIGHT



THREE REGULAR MEALS

Some are still unsure as to whether eating breakfast is essential for weight loss, but if there's one thing we know it's that skipping meals is a recipe for disaster.

You might think that skipping meals is an easy way to save calories, but letting yourself get too hungry because you haven't had lunch makes it a lot more likely that you'll overeat in the evening. Aim for three regular meals every day.



SLEEP

Getting enough sleep is incredibly important, with poor sleep being linked to weight gain, especially when you get fewer than seven hours of sleep a night. Try and practice good sleep hygiene - no screens before bed, ditch the caffeine and get to bed at a decent time - and aim for between six and nine hours a night.

SNACK SMARTER

It's so tempting to sit down with a packet of crisps (or three) to watch TV after a long day, but those calories will quickly stack up. Either cut down on snacking completely if you can't trust yourself to have just one pack, or find a way to satisfy your cravings with low-calorie options like popcorn, low-calorie yogurt or fruit.

FIVE A DAY

There is significant benefit to eating at 1.5–2 cup-equivalents of fruits and 2–3 cup-equivalents of vegetables daily. They're high in vitamins and minerals, an excellent source of fiber which can keep you regular, and they can help to reduce your risk of heart disease, stroke and some types of cancer. And of course, they tend to be low in calories, so perfect for snacking and bulking out meals.

TWO HOURS OF SCREEN TIME

It's said that the average screen time on internet-connected devices among users in the US is more than seven hours per day. You might not think your Facebook usage affects your weight, but spend too long sitting and scrolling or watching TV and you'll soon see the scales ticking upwards. When we're using screens, we're typically inactive, so where possible, limit your screen time during your leisure time to two hours a day and try and get up and about more instead of sitting around for hours on end.

PLANNING AND ROUTINE

Ordering a takeaway for dinner because you have no food in the house (again) - sound familiar?



If you're going to keep an eye on what you eat, you need to plan so you don't put yourself in a situation where it's just easier to opt for something high-cal. Do this by meal planning, shopping with your list in hand and even making some meals in advance.

MOTIVATIONS - WHAT'S YOUR WHY?

Everybody has a reason for losing weight, whether it's because you want to be able to run around after your kids without wheezing, fit into clothes from the mall, or to look good in your wedding photos. There's no denying that weight loss is often a long, difficult road and so keeping your motivation up is important. Write down your reasons to lose weight (make them as specific as possible) and refer back to them when you need a boost.

MOVE MORE



GET F.I.T.T.

You don't need to feel like you're doing something wrong if you're not a gym buff, or if running isn't your thing. Find something you do enjoy and adapt it using the FITT principle.

F

Frequency: How often you exercise

We should aim for at least 150 minutes to 300 minutes of moderate-intensity (or 75 minutes to 150 minutes of vigorous-intensity aerobic physical activity), per week. This doesn't need to be in one session, and if it feels daunting, don't worry - you can gradually increase your activity to reach these targets.

I

Intensity: How hard you exercise

We measure how hard we exercise with the rate of perceived exertion (RPE). Use this scale to help track your intensity.

Aim to gradually achieve a five when moderately active, and a six or seven when vigorously active.

RPE SCALE - RATE OF PERCEIVED EXERTION

1 😊	Watching TV and eating	6 😓	I can still talk, but I'm breathless and sweating
2 😊	I'm comfortable and this is easy	7 😓	I can still talk, but I don't want to and I'm so sweaty!
3 😊	I'm still comfortable, but my breathing is harder	8 😓	I can't talk, only grunt!
4 😊	I'm sweating, but I can still hold a conversation	9 😓	I'm almost completely exhausted
5 😊	I'm sweating more but can still talk easily	10 😓	I'm completely exhausted!

MOVE MORE



T

Time: How long you exercise

Aim for a mix of moderate, vigorous and very vigorous intensity. You can hit your weekly target in a single day, or over the week - it's all about what suits you, but don't over-exercise.

T

Type: What kind of exercise you do

Get a good mix of exercise, including walking, swimming, and cycling and more vigorous exercise like jogging, gym sessions, and soccer. As well as these, look for ways to reduce your sedentary time like parking further from the office, taking the stairs and walking where possible.

REMEMBER

Regular physical activity is one of the best things you can do for your health and weight. This doesn't have to be a marathon or swimming from Key West to Havana. Everyday activities like brisk walking and cycling count towards the recommended 150 active minutes per week, as do activities such as going to the gym, swimming, and (of course!) soccer.

PREPARING TO EXERCISE

- Before you exercise, you should warm up. You should begin with a gradual pulse raiser to increase your heart rate and prepare your body for exercise. This helps to loosen your joints and increase blood flow to your muscles, which will prepare them for activity and help prevent injuries.
- A warm-up can be completed in one location and doesn't need a large amount of space. Keep well hydrated before and during exercise.
- Try to avoid using balls in your warm-up as there's always the temptation to focus on playing soccer over preparing to play.
- Complete a series of stretches focusing predominantly on the lower body: calves, hamstrings, and quads. Avoid bouncing and overstretching.
- Your body is put under more strain when you exercise in the heat. If you are exercising outside in the heat, take the required safety precautions including drinking plenty of water, dressing appropriately, applying sunscreen, and paying attention to your body.



SHOP SMARTER



MAKING GOOD

OFF-FIELD DECISIONS

Follow these tips on how to shop smarter to ensure you succeed at healthy eating.

- Plan ahead! Plan your meals for several days and make a shopping list.
- Shop with your list and stick to it.
- Look at labels carefully and compare the calorie content of different products.
- Avoid special offers like 'buy one, get one free' - bargains seem like a good idea but it means more food at home, and the offers are hardly ever on healthy food.
- Never impulse buy! Avoid those last-minute temptations next to the checkout.
- If you can't resist temptation, try shopping online.
- Stock up on fruit and veg first.
- Try to always have some cupboard essentials at home so you can always prepare something quick and easy. These could include dried pasta and tinned tuna.



**HOW DO YOU
MEASURE UP?**



There are 1,440 minutes in a day, that's 10,080 minutes in a week. You only need to be active for 150 of them!

VERY OVERWEIGHT
BMI 30+

OVERWEIGHT
BMI 25-30

HEALTHY WEIGHT
BMI 18.5-24.9

UNDERWEIGHT
BMI less than 18.5

YOUR BMI

BMI stands for body mass index. It is a measure you can use to find out if you are a healthy weight for your height.

Every MAN v FAT Soccer player joins with a BMI of 27.5 or above, and for most adults the ideal BMI is between 18.5 and 24.9.

To calculate your BMI, find your height at the top or bottom of the chart and follow the column up or down until you reach your weight to find your BMI.

		height (m)																
		1.3	1.42	1.46	1.50	1.54	1.58	1.62	1.66	1.70	1.74	1.78	1.82	1.86	1.90	1.94	1.98	
150	79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38	23s 8	
148	78	73	69	66	62	59	56	54	51	49	47	45	43	41	39	38	23s 3	
146	77	72	68	65	62	58	56	53	51	48	46	44	42	40	39	37	22s 13	
144	76	71	68	64	61	58	55	52	50	48	45	43	42	40	38	37	22s 9	
142	75	70	67	63	60	57	54	52	49	47	45	43	41	39	38	36	22s 4	
140	74	69	66	62	59	56	53	51	48	46	44	42	40	39	37	36	22s	
138	72	68	65	61	58	55	53	50	48	46	44	42	40	38	37	35	21s 10	
136	71	67	64	60	57	54	52	49	47	45	43	41	39	38	36	35	21s 5	
134	70	66	63	60	57	54	51	49	46	44	42	40	39	37	36	34	21s 1	
132	69	65	62	59	56	53	50	48	46	44	42	40	38	37	35	34	20s 10	
130	68	64	61	58	55	52	50	47	45	43	41	39	38	36	35	33	20s 6	
128	67	63	60	57	54	51	49	46	44	42	40	39	37	35	34	33	20s 2	
126	66	62	59	56	53	50	48	46	44	42	40	38	36	35	33	32	19s 12	
124	65	61	58	55	52	50	47	45	43	41	39	37	36	34	33	32	19s 7	
122	64	61	57	54	51	49	46	44	42	40	39	37	35	34	32	31	19s 3	
120	63	60	56	53	51	48	46	44	42	40	38	36	35	33	32	31	18s 13	
118	62	59	55	52	50	47	45	43	41	39	37	36	34	33	31	30	18s 8	
116	61	58	54	52	49	46	44	42	40	38	37	35	34	32	31	30	18s 4	
114	60	57	53	51	48	46	43	41	39	38	36	34	33	32	30	29	17s 13	
112	59	56	53	50	47	45	43	41	39	37	35	34	32	31	30	29	17s 9	
110	58	55	52	49	46	44	42	40	38	36	35	33	32	30	29	28	17s 5	
108	57	54	51	48	46	43	41	39	37	36	34	33	31	30	29	28	17s	
106	56	53	50	47	45	42	40	38	37	35	33	32	31	29	28	27	16s 10	
104	55	52	49	46	44	42	40	38	36	34	33	31	30	29	28	27	16s 5	
102	54	51	48	45	43	41	39	37	35	34	32	31	29	28	27	26	16s 1	
100	53	50	47	44	42	40	38	36	35	33	32	30	29	28	27	26	15s 10	
98	51	49	46	44	41	39	37	36	34	32	31	30	28	27	26	25	15s 6	
96	50	48	45	43	40	38	37	35	33	32	30	29	28	27	26	24	15s 2	
94	49	47	44	42	40	38	36	34	33	31	30	28	27	26	25	24	14s 11	
92	48	46	43	41	39	37	35	33	32	30	29	28	27	25	24	23	14s 7	
90	47	45	42	40	38	36	34	33	32	30	28	27	26	25	24	23	14s 2	
88	46	44	41	39	37	35	34	32	30	29	28	27	25	24	23	22	13s 12	
86	45	43	40	38	36	34	33	31	30	28	27	26	25	24	23	22	13s 8	
84	44	42	39	37	35	34	32	30	29	28	27	25	24	23	22	21	13s 3	
82	43	41	38	36	35	33	31	30	28	27	26	25	24	23	22	21	12s 13	
80	42	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	12s 8	
78	41	39	37	35	33	31	30	28	27	26	25	24	23	22	21	20	12s 4	
76	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	20	12s	
74	39	37	35	33	31	30	28	27	26	24	23	22	21	20	20	19	11s 9	
72	38	36	34	32	30	29	27	26	25	24	23	22	21	20	19	18	11s 5	
70	37	35	33	31	30	28	27	25	24	23	22	21	20	19	19	18	11s	
68	36	34	32	30	29	27	26	25	24	22	21	21	20	19	18	17	10s 10	
66	35	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	10s 6	
64	34	32	30	28	27	26	24	23	22	21	21	19	18	18	17	16	10s 1	
		4'6"	4'8"	4'9"	4'11"	5'	5'2"	5'4"	5'5"	5'7"	5'8"	5'10"	5'11"	6'1"	6'3"	6'4"	6'6"	
		height (ft/in)																

YOUR MEASUREMENTS



The higher your BMI, the higher your risk of health problems such as heart disease, stroke and type 2 diabetes. You can reduce your risk by reducing your BMI.

MAN v FAT Soccer rewards you for every step you take to get closer to your healthy BMI with bonus goals for your team. Track your progress at the beginning and end of every season below.

YOUR WAIST MATTERS

Although BMI is a good indicator of whether you need to lose weight, waist size is also an important indication of your health. Carrying too much fat around your waist increases your chances of developing heart disease, type 2 diabetes, and certain cancers.



YOUR NAME: _____ **YOUR HEIGHT:** _____

SEASON: _____ **START DATE:** _____ **END DATE:** _____

STATS	START	END	TOTAL LOSS / GAIN
BMI			
WEIGHT			
WAIST			

SEASON: _____ **START DATE:** _____ **END DATE:** _____

STATS	START	END	TOTAL LOSS / GAIN
BMI			
WEIGHT			
WAIST			

SEASON: _____ **START DATE:** _____ **END DATE:** _____

STATS	START	END	TOTAL LOSS / GAIN
BMI			
WEIGHT			
WAIST			

TRACKER



You are 42% more likely to achieve your goals simply by writing them down. If you do it every day then it virtually guarantees your success.

PLUS you can score up to three bonus goals per week when all of your team track.

DOCUMENTING YOUR JOURNEY

HOW TO USE YOUR TRACKER

Fill in the blanks on your activity, food, and drink throughout the week. Take a screenshot to show your coach at the weekly session. After your weigh in, don't forget to add your weight in the Weigh In space to keep track through the season.

WEIGHT

At each weekly session, step on the scales and make a note of your weight in the Weigh In space.

FOOD AND DRINK

Note down what you eat and drink each day, ticking off your glasses of water, fruit, and veg as you go.

ACTIVITY

Add your planned activity for the week and tick the box if you achieve it. Include all your activity and rest days and make a note of how hard you're working using the RPE scale.

GOALS

At the end of each week think about what's worked and what hasn't and set yourself a goal for the week ahead.

MAN^vFAT

SOCCER[®]