

I stopped playing football 30 years ago. At 66, I did not think I would ever play again until I discovered Walking Football and found lots of others just like me. I now play every week, feel fitter and have made many new friends in the process. **Ian**

"I have liked football forever but finished playing when I was 27; the threat of injury put me off but I have always wanted to try and get back into it. Walking football came up and it is a great way to do just that.  
I initially thought I would look silly but then I came to the session and enjoyed it so much, the atmosphere" **Ken Ward, 76**

**WE MEET: Every Wednesday, 10.30 am**

Bishopswood Sports Ground, Horsepond Road,  
Gallowstree Common RG4 9BT

**CONTACT:** Andy Tidswell for further information.  
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## WALKING FOOTBALL



### A SLOWER VERSION OF THE BEAUTIFUL GAME

*Regardless of age, fitness or ability, walking football may be for you!*

- ⇒ Walking football is “pure” football
- ⇒ All rules are the same as conventional football **BUT** players can only walk
- ⇒ No running, jogging and only minimal contact

It is designed to help people get fit or maintain an active lifestyle.



### **What are the health benefits?**

We all want to stay mobile and continue enjoying our daily activities independently. Doing a bit of regular activity will keep you feeling healthy and happier in later life.

Older people who play have seen many benefits: lower heart rate and blood pressure, less fat and more muscle, and better mobility.

This is one sporting activity that is suitable for all.

### **What kit do I need?**

Tracksuit bottoms or shorts are fine along with trainers or football trainers.

## **Are there other benefits of taking up Walking Football?**

**LIVE LIFE, NOT JUST EXIST.** It is sometimes easy to get stuck in a rut in retirement. A new activity is a great way to try something new and get the most out of life. Find something you love and you will wonder how you ever survived without it.

### **ENJOY TIME TOGETHER.**

Retirement brings with it more free time. Perhaps it is time to rekindle old friendships and get to know each other again?

Participants can meet new people, avoid becoming isolated, and interact with individuals and small groups.

### **THE BOREDOM BUSTER.**

Retirement beats working any day – but at times you can get into a routine that quickly starts feeling like groundhog day.

Taking up a physical activity can inject a buzz and energy into your routine.

