

# National Walking Football Program

## *Why Play Walking Football?*

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Walking football offers many benefits including:

- Get active and improve your health
- Better mobility and weight loss
- Lower heart rate and blood pressure
- A chance to meet new individuals and groups
- Increased self confidence

## *Social Benefits:*

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It is an opportunity to meet new people, to be part of a group, and to rekindle a sense of camaraderie within a team environment. Team sport builds confidence, develops friendships, and encourages social opportunities away from the football pitch.

## *Physical Benefits:*

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Active adults have a 20% reduced risk of premature death and 50% less risk of chronic disease. But by the age of 55-64, only 32% of men say that they take the recommended 30 minutes of strenuous exercise five times a week. Engaging in football will change this concern as Walking Football participants have more muscle, harder bones, better cardiovascular systems and more jumping height and strength.

## *Mental Benefits:*

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Older adults have shown that they have high levels of satisfaction and psychological reward from Walking Football. Regardless of the body having to work hard, the mind was more relaxed and there was a decrease in stress. Due to the continuous thinking and decision making that goes into walking football, participants are more likely to develop a long-term enthusiasm for exercise.

## *Come and Play with us*

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Building physical activity into your week with a group of people your age can be a breath of fresh air as it is a great way to get out more, meet new people, feel better all round and make you laugh.

## *Remember the old times*

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The feeling of playing sport as a child shouldn't change as you get older. We should get the same pleasure with activities that you know and make you feel good about yourself. Walking Football will provide that same feeling and at your pace.

## *Making the most in life*

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It is easy to get stuck in a rut and to not take part in any physical activity as you get older. A new activity is a great way to make the most of life and to try something new. Everyone must find something they love, and you won't ever look back.

## *Stay fit and healthy*

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Participating in regular activity will keep you feeling healthy and happier in later life. So, stay mobile whilst continuing to do your daily activities independently.

## *Building Friendships*

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Retirement brings with it more free time. There is no better way to give some of that time by doing a sport or outdoor activity by meeting new people and rekindling old friendships.

## *Energizing your week*

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