

[FOOTBALL WEST]

WALKING FOOTBALL



WHAT IS WALKING FOOTBALL?

Walking Football is fun, accessible and age-appropriate football linked to demonstrated physical, psychological and social health outcomes.

Suitable for those with limited mobility and scalable for different venues and participant numbers.



WHY FOOTBALL?

- Most-played sport in WA and most popular sport internationally.
- 53% of football fans in WA are over the age of 45.
- Scalable to all venues, participant numbers and ability levels.



BENEFITS

- Welcoming, supportive and low cost activity
- Improved weight, blood pressure, BMI, optimism, memory and social connections.
- Tailored to individual ability.
- Uses disused facilities during off-peak hours.

HEALTH OUTCOMES

- Average 6.5% **drop in blood pressure.**
- Average **body fat loss** of 3kg or 2.8%.
- 10.6% **increase in general fitness**
- 96% of participants **feeling optimistic** often or all of the time.
- 95% **thinking clearly** often or all of the time.
- 92% **feeling close to others** often or all of the time.

Based on 12 Weeks Walking Football Participation



HOW LONG DOES IT LAST?

A typical hour long session includes:

- 10 mins warm-up, stretching etc
- 15 mins basic football skills
- 30 mins football match
- 5 mins warm-down



WHO IS IT FOR?

At least 700 participants across Western Australia in the first year.

Targeting participants 50+, including the socially isolated and those from culturally and linguistically diverse, Indigenous, low socioeconomic and other disadvantaged backgrounds.

FOR FURTHER INFORMATION ON HOW YOU CAN PARTICIPATE IN WALKING FOOTBALL

VISIT footballwest.com.au

OR

Contact your local club representative via the details below.

Curtin University Football Club

Contact: walking@curtinfootball.com

see <https://curtinfootball.teamapp.com/events>

Saturday 17 August 1pm

Saturday 31 August 1pm

Saturday 7 September 4pm

Tennis court beside Curtin Stadium, building 111

Bring drink bottle, wear sporty clothes and flat-sole shoes