

SOME OF THE MANY BENEFITS OF WALKING FOOTBALL

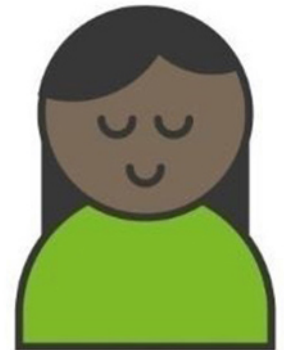
No Running & No Contact

Perfect for people still wanting to enjoy football without the stresses of running and physical contact



Small Sided Games

Games are played on smaller pitches with smaller goals and teams made up of 4-6 players



Walking Football is Inclusive

No matter your ability, gender, or ethnicity there is a place for you



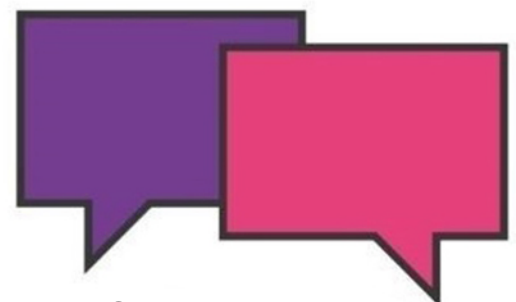
Walking Football is for Adult Folk

Walking Football is an activity for adult men and women and is enjoyed by many mature aged people



Physical & Mental Health Benefits

The benefits of Walking Football are amazing. Improve fitness, mobility, mental health and reduce stress levels



Social Benefits

Make new friends, have a chat over a brew and have fun getting active with like-minded people

wftas.org - view playing videos