

## **Five reasons to join our walking football sessions**

Walking football is a slow-paced version of the game we love. It brings a host of benefits, which can improve someone's lifestyle drastically. We're currently running a number of weekly sessions in three different locations within Gateshead. Below, we take a look at why you should come along and give it a go with us.

### **1. Better your physical health**

Despite walking football being more relaxed and stress-free, it still requires some effort, which in turn improves fitness levels. It progresses your heart rate, betters postural balance, reduces blood pressure, and minimises the risk of cardiovascular diseases and strokes. The game can also slash the chances of type two diabetes by lowering cholesterol, while improving blood sugar levels, bone density and reactions.

### **2. Meet new people**

As well as your physical health, you can be helped mentally by walking football. You can meet other participants and forge long-lasting friendships with like-minded people. This lessens isolation and loneliness, and increases the number of smiles on faces.

### **3. Improve footballing ability**

Due to the moderate intensity, there is a large focus on technical play in walking football. Picking out a teammate and passing it sharply is key to the game, therefore your possession skills will progress instantly. Awareness is also fundamental - smartly moving into spaces away from defenders will give teammates another option, so you can move further up the pitch.

### **4. Fantastic facilities**

All three of our locations - Cleveland Hall, Gateshead International Stadium and Birtley Leisure Centre - have free on-site parking. There're also quite close to public transport stops, such as the Metro or bus routes. We play on 4G pitches, meaning they're more weather-resistant compared to grass.

## 5. It's free!

Thanks to funding from our sponsors - National League Trust, Gateshead Council and Sport England through Football Foundation -our walking football sessions are free! This makes it perfect to come along and trial a session. However, spaces are limited, so we ask you to register as soon as possible.

Sign up to our walking football sessions here: <http://gfc-foundation.org.uk/Walking-Football/>

If you would like more information or have a query, don't be afraid to get in contact! Email us here: [register@gfc-foundation.org.uk](mailto:register@gfc-foundation.org.uk)