

Free Walking Football Sessions with Gateshead FC Foundation

Walking football offers a multitude of health benefits to people such as reducing the risk of cardiovascular disease and stroke while improving blood pressure.

Walking football also gives an often isolated section of the community the chance to become involved in something they really enjoy, make new friends, form lasting relationships with like-minded people and generally improve their social circle and overall quality of life, often making them feel less isolated and more a part of the wider community.

There are also many psychological and mental health advantages to playing walking football namely high levels of personal reward and satisfaction with reduced levels of stress and exertion while playing, despite working physically hard.

Why not give it a try at one of our sessions:

Monday 10:30 – 11:30 Cleveland Hall - Stroke Survivors

Monday 11:30 – 12:30 Cleveland Hall - All ages

Thursday 18:00 – 19:00 Gateshead Int Stadium - All ages

From Thursday 07th October

Tuesday 11:00 -12:00 Birtley Leisure Centre - over 55's



To register visit <http://gfc-foundation.org.uk/Walking-Football> or turn up on the day

