



Age UK Sunderland together with The Raich Carter Sports Centre and Sport England supporting people aged 50 and over to get active!

Walking Football

Every Tuesday 13:30 until 15:30

Cost: £3.00

**Activity held at the Raich Carter Sports Centre
Commercial Road, Sunderland SR2 8PD**



Walking Football is designed to support people aged 50 and over to improve their physical fitness, mental health and wellbeing and can help to reduce loneliness and isolation.

**For more information contact the ActivAge Team on:
0191 514 1131 or email: activage@ageuksunderland.org.uk**

What is Walking Football?

- Walking Football is a slower version of the game.
- It is Football but at a walking pace.
- The game has been designed so that anyone can play it regardless of age or fitness level.
- You don't need any special kit, just clothes that you feel comfortable exercising in and trainers, ideally that lace up.

When attending Walking Football sessions make sure that you bring some water and that you've had a snack a couple of hours before hand.



Benefits of taking part in Walking Football

- Aids improvement in fitness level
- Encourages people to remain active for longer
- Provides opportunity to mix with other like-minded people
- Promotes social inclusion and can help reduce loneliness and isolation
- Promotes positive mental health and wellbeing

If the above is of interest to you then come along and join Age UK Sunderland's brand-new Walking Football Group!

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